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Casco Bay Weekly

“Imagine



PHOTOS/COLIN WALKIE

if I could touch somebody,
really touch
somebody.”

ELLEN WOODMAN
PEABODY HOUSE
VOLUNTEER MASSAGE THERAPIST

volunteer issue

LISTINGS OF VOLUNTEER OPPORTUNITIES START ON PAGE 9

JAN 2, 1997

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FPI, SAT

TaLK A CONVERSATION WITH LIZANN EWING

JANUARY 2, 1997 3



"Big dogs and pickup trucks, that's what we have here in Maine."

Lizann Ewing
with Simba

Lizann Ewing, of Sebago, calls herself the Galloping Groomer. Ewing, who returned to her home state of Maine last year after 30 years in Missouri and elsewhere, travels to dog owners' homes in her van — which is fully equipped with a tub and other grooming appliances — and grooms dogs on the spot. She uses organic products and offers discounted rates for people who have seeing-eye or other assistance dogs. She owns four dogs, ranging from a Great Dane mix to a toy Pomeranian, two cats, a cockatiel and a parrot.

How do you get the dogs to relax?

Every dog gets a massage, head to toe. I went to a masseuse to learn to do that for the dogs. And if no one else is listening, I might sing. It's the only place I can get away with it. In Missouri, I had a dog who would sing with me.

How did you get into this business?

I met a lady who raised sheepdogs. She had the business. One day she said, 'Liz, my husband's being transferred and I want you to buy the business.' I'd never groomed a dog in my life. I said, 'I can't.' A couple of weeks went by and she called me and said 'Liz, I really need an answer.' It had rained that morning, and I lived out in the middle of a pasture, and there was a rainbow outside. She was really pressing for an answer. My friend said, 'Look out your window,' and there were two rainbows. And without hesitation I said yes.

What's special about going to people's homes?

I specialize in dogs that aren't well, older dogs. The oldest dog I ever groomed was 27 years old. A little poodle. My senior citizen clients are my favorite. I do everything from groom their dogs to mail letters and change

light bulbs. It's a one-on-one thing. I get more than the dog. I get a camaraderie with the owner.

What's the most difficult dog to groom?

Cocker owners probably wouldn't like me to say this, but most groomers will tell you cocker spaniels. Two reasons: One, they have nasty dispositions. They can become biters. But more than that, their hair is very coarse. It clogs in the clipper. But the breeding I have discovered since I moved to Maine must be altogether different. I have a lot of cockers, and I have not done a bad dog since I have been here. Not a one. Maybe because it's an outdoor state, people have more camaraderie with their dogs. In Missouri, I would not have attempted to groom a pit bull, because they have very bad reputations. But here I have four. They're pussycats.

Interview by Sarah Goodyear; photo by Colin Malakie

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CITY

■ **Maine judges deserve a raise.** That's the finding of a panel called the Judicial Compensation Commission, which reported that forcing District Court judges to squeak by on \$79,911 a year and Superior Court justices to make ends meet on \$83,226 was unfair. The commissioners said those judges

should be paid \$94,000, while the state Supreme Court should boost salaries from \$88,004 to \$100,000. The study found Maine judges work harder than in other states, but get paid less. But a CBW survey ("Judgment day for judges," 7.18.96) came up with different results. In comparison with neighboring states, Maine judges appear to be earning an average wage, a little less than Massachusetts and New Hampshire, a little more than Vermont.

■ **Maine Turnpike drivers deserve bigger signs.** The pike is replacing aging signs with bigger, brighter ones. The project is budgeted at nearly \$700,000 and will cost even more next year. (You'll pardon us for speculating on whether that cash might better be spent on raises for our impoverished judges.) Some opponents of widening the turnpike are suspicious. They note the new signs will be farther away from the roadway, and speculate the move was made to accommodate extra lanes. Turnpike officials deny that, blaming the shift on new federal rules.

■ **Maine doesn't deserve campaign finance reform.** That's the word from the National Right to Life Political Action Committee State Fund, which filed suit in U.S. District Court (where the judges are much better paid than in cheesy old state court) to overturn the public financing law enacted in a November referendum. The anti-abortion group says the law unconstitutionally restricts its right to support the candidates of its choice. The Maine Civil Liberties Union is also planning a lawsuit, claiming the law violates free speech rights. But MCLU officials say the time is not yet right to file their case in court. Meanwhile, the Maine Citizen Leadership Fund has hired Portland attorney Peter DeTroy to defend the new law.

■ **If Portland students deserve a decent music program,** you couldn't prove it by the feeble effort the city is making. A group of parents has prepared a report citing the failure of the school department to provide leadership or coordination, not to mention money. The parents are pledging to raise new funds for the band and chorus, but also want the budget increased by \$60,000 (which wouldn't even buy a lousy judge). According to the parents, the city has eliminated its music director, reduced teaching positions to part-time and seen band membership shrink from 80-100 a decade ago to 20-30 today. Predictably, school officials promised to study the problem and come up with some ideas for dealing with it at about the same time Maine's judges ask for a pay cut. CBW

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EXPENSE REPORT

October 3 - October 6

Description

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ILLUSTRATION/AL DIAMOND

Fly me to the moon

Portland city councilors are breaking their travel budget. Could a new policy keep their feet on the ground?

■ LAURA CONAWAY

The Portland City Council, it appears, is a jet-set bunch. Between July and November 1996, councilors charged the city \$5,390.89 for airfare, conference registrations and travel expenses. While the council budget includes money for attending conventions, councilors exceeded its \$5,000 limit just five months into the fiscal year, which began July 1. Expense reports for December, when several members attended a National League of Cities conference in San Antonio, Texas, are not yet available.

Breaking the travel budget is nothing new for councilors. In fiscal year 1995, councilors had \$6,500 to spend, but racked up a tab of \$13,129. Last fiscal year, when the council agreed to a budget that included no money for travel, members held themselves to a more modest \$6,470.

"We had taken all councilor travel out of the budget," said Councilor Jack Dawson, who was then mayor. "All of a sudden it occurred to me that I was going to the NLC [National League of Cities]."

Next thing I know, one of the other councilors was going and I didn't know why. It turned out he was on one of the committees for the NLC." In recent years, Portland councilors have taken a more active role in the NLC, which they say helps them keep current on issues of municipal management. Dawson said he eventually decided to send the two newest councilors — Peter Rickett and Tom Kane — to the convention, and paid for their trip out of surplus city funds. "But we passed that budget, and all of its pieces and parts, unanimously," he said. "The council decided there wouldn't be money for travel. So how could any of us say I as a councilor am going to travel?"

Along with councilors Rickett and Cheryl Leeman, Dawson is studying ways to keep spending within the budget limits, and make councilors fully accountable for the money they spend on trips and meals. The threesome plans to write a formal policy for councilors' expenses sometime this winter, then ask the full city council to approve it.

Leeman said the council needs a written policy because the current rules aren't clear. "I don't know that anyone has ever said to me as a councilor you get so much per diem," Leeman said. "We want our councilors to follow the same rules our other employees have."

Actually, Portland now has an explicit policy that governs all city employee expenses, including those of council members. Taxpayers pick up hotel and travel costs such as car rental and airline tickets. Employees get \$25 a day for meals, unless they provide receipts showing they spent more. City workers are expected to subtract out personal spending on items like booze and motel movie rentals. That's where the line gets fuzzy. Receipts from Councilor George Campbell's October trip to Little Rock, Ark., show him deducting rental movies from his expense report. Mayor John McDonough took off \$70.22 for a personal day on his September trip to Oak Ridge, Tenn., but left in \$8.61 spent on "movie revenues" at his hotel. Councilor Dick Paulson subtracted \$7 he spent on

wine during a September trip to Dallas, though he could just as easily have charged the city, since the receipt simply labels the expense "lobby."

"Sometimes receipts are detailed, and sometimes they're not," said assistant city manager Anita Lachance. "People make their own decisions about what's a city expense when you're a city councilor." According to Lachance, councilors usually stay in reasonably priced conference-rate motels, and economize whenever they can.

Dawson agreed. "I don't think there's any scandal here," Dawson said. "It's just that when I was mayor I saw some things that maybe could use a better look-see because they could be abused."

Odor ordinance

Smells like chicken

West End residents say the air stinks. But the proposed solution may not smell any better.

The Portland City Council will soon consider an ordinance designed to control smells from businesses like Barber Foods, Cozy Harbor Seafoods and Nissen Bakery. Residents of the Western Promenade and West End have long complained to the city about nauseating smells, particularly from nearby Barber Foods' processed chicken. The new ordinance is scheduled for council debate on Jan. 6, but there is considerable question as to whether it would bring the residents any relief.

Planning board chairman Cyrus Hagge, who helped write the proposed rules, said he has "no idea" whether companies like Barber would be in violation. The planning board, Hagge explained, opted for a slightly more lenient standard than consultants had recommended. "We went one notch higher because the planning board felt under no circumstances did we want to send a message that these existing businesses were in trouble with the ordinance. We tried to recognize that they employ a whole section of people who would otherwise be unemployed," he said. "The question is, will the folks up on the Western Prom be able to use the ordinance to push Barber Foods out of the city."

Howard Arnold, a Vaughan Street resident, said he wants Barber Foods to stop stinking, even if it means taxpayers have to help buy new filtering equipment for the plant. Arnold said he suffers through the offensive odors regularly. "I'm sitting up here, just having walked the dog, and something awful is coming up the hill. One of them — I don't know if it's Barber or Cozy Harbor — is frying something that smells absolutely bilious," he said. "If they continue the way they are right now, it would be unacceptable, because there is an odor emanating right now. I don't think the status quo is enough."

Under the proposed rules, if a business

received a total of 10 complaints within two separate 24-hour periods — say, a Monday and a Wednesday — building inspectors would go to the offending plant and take a whiff. They would then compare the odor to bottled ones in a test kit, and determine whether the smell is intense enough to violate the ordinance. Hagge said that strategy will help avoid penalizing companies who have an occasional bad day. "With Barber, it's actually the stuff that tastes the best that seems to smell the worst," he said, "like when they're manufacturing the spicy Chinese chicken dish, which is actually the one that's generating the complaints."

"No, I think that's our Italian bread," said Steve Barber, president of 800-employee Barber Foods. Seven months ago, Barber said, his company expanded its production line and added new filtering equipment. Despite a recent spate of letters to the city, he said, "The number of complaints we've had have been minimal."

Barber Foods' efforts to cut emissions have won the company some friends in the West End. Former mayor Anne Pringle said Barber told her his company will continue to add filtering equipment as it expands operations. "I for one would be willing to live with it," Pringle said. "I think that's a reasonable plan."

LAURA CONAWAY

weird

What could be more appropriate to the season than a little holiday cheer from Jack DeCoster, owner of DeCoster Egg Farms in Turner. DeCoster is facing huge fines for his horrifying treatment of his workers, but is undeterred in his course.

In a letter to the *Lewiston Sun-Journal*, DeCoster wrote he was thankful for his health, which allows him to work "seven days a week and 12 to 16 hours a day." He's also thankful for his father, who left him with a work ethic and 100 chickens.

DeCoster doesn't forget the migrant workers he's accused of exploiting. "They have endured so many negative attacks on our company and their employer," he wrote, "and yet they stand steadfast in their commitment to doing their job the best they can. When I walk through the work area daily, often they will stop me to let me know they are behind me. They are the heart of the DeCoster Egg Farm."

The eggmeister wraps up with this bit of seasonal sentiment: "The Lord has blessed me with family and friends. The attacks on DeCoster Egg Farms have been difficult to withstand, and the personal insults hurt. However, if there is no DeCoster Egg Farms next Thanksgiving, Jack DeCoster will still have plenty to be thankful for. You see, the Lord has blessed me with blessings that cannot be taken away with a boycott."

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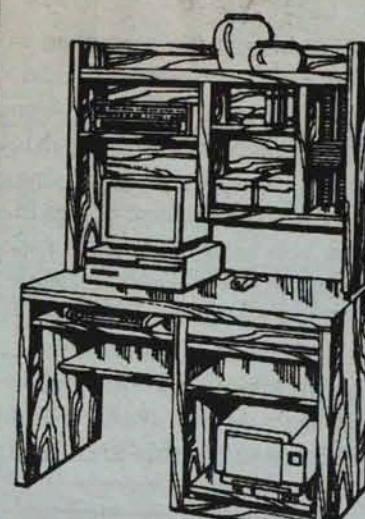
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outta my Way

ELIZABETH PEAVEY

Sign language

As a Mainer who in her youth chose to define home in terms of white lines on the highway rather than mortar and brick, I feel a certain sense of ownership over the stretch of I-95 between the state border and Exit 6A. Call it my extended driveway, if you will — but I ain't gonna shovel it.

It's a weird road. For example, the northbound side is longer than the southbound — something to do with a DOT hex that slows time between the Kennebunk rest stop and Portland — making for the longest 20 minutes on earth. Also, the two northbound lanes are narrower than those south. Boarding the Maine Turnpike in South Portland, you feel nothing but the great stretch of the open road. Yet, the return trip feels like you're being squeezed home through a funnel. No, a pastry gun. No, an eyedropper. Anyway, it's cramped.

This might make a great endorsement for widening the turnpike, except that widening it would make these 40-or-so northbound miles that already represent Maine's most blighted stretch of interstate even uglier. Because, for a state that chose to ban commercial billboards — Maine was a leader in responding to the federal Highway Beautification Act of 1965, yanking down its last billboard in 1984 — it's done a pretty good job of mucking up the landscape with its own crap.

I decided to survey these signs on a recent trip home from Boston. In order to conduct on-the-road research, I first had to assume the proper "thigh driving" position. Basically, thigh driving is just what it sounds like and comes in handy when you have no co-pilot and need to perform two-handed tasks, such as cleaning your car, getting something out of your eye or taking notes. (Now, kids — pay no attention to this unsafe practice. I am a highly trained and skilled professional in this area, and

after two solo cross-country treks and thousands and thousands of additional miles logged, I can do it. You can't.)

What set me off was the relatively new (yet circa-1960s) state-shaped sign that reads: "If your business were located in Maine you'd be home right now." To the state's signmeisters, I respond: Did you really come up with this clever slogan all on your own? And worse, were you paid for it? Further, most northbound drivers are coming to Vacationland. The point is to not be at home. If these travelers' businesses were in Maine, then they would not be coming.

For a state that chose to ban commercial billboards, Maine has done a pretty good job of mucking up the landscape with its own crap.

ing here to pass the almighty tourism buck. The economy would collapse, Maine would no longer be on the move, businesses would fold and the widening of the pike would be moot. Hello. Anyone awake up there?

Speaking of lacking in the smarts department, I noted one of the exit signs for Kennebunk/Kennebunkport that has the Ks reversed, so it reads: "kennebunK." Maybe it's a kind of folksy thing, like the backwards R in Toys R Us. Or maybe it's some kind of Russian code word, meant to be read backwards — Knubennek — meaning, "ex-Washington official summers at this exit." It seems everyone else is on the Russian dole, why not the DOT?

Worse is the salvo of instructions facing the Maine motorist, including: "Dim lights when meeting cars." "Dim lights when following cars." "Are your tires safe?" "Avoid sudden stops."

"Season's greetings." "Prevent forest fires." "Keep right except to pass." "Reduce speed on ice and snow." "Watch for moose in the roadway." "Eat your carrots." "Maine has a tough drunk driving law." "Highways are patrolled by marked and unmarked vehicles." "\$100 fine for littering." Now, how are we supposed to thigh-drive safely and still keep up with all these signs? It's enough to make you drop your knitting.

Then there are the myriad recreational area signs, and those that tell us what fun we can have off I-95: The sign for Exit 3 touts the trolley museum; Exit 4, the auto museum; the OOB exit, the aquarium and "miles of scenic beaches" (apparently Maine's only); at the Joe Ricci/Scarborough exit, the speedway; and at our own exit, the narrow gauge railroad. These are what have been selected as the "jewels" (that's travel-writing talk) of the southern Maine coast? What's up with this? Has Maine suddenly become the transportation/Flipper capital of the world? And what's next — bubble lights and souvenir shops at the toll booths?

My suspicion is that there has been a movement to so besmirch this lower half of the turnpike so that no one will care if it gets widened or not. It, and much of the southern Maine coastline, already looks like Massachusetts. Why not finish the job? Hell with the wetlands. While we're at it, hell with the North Woods. How about a new state motto: "Shave it and pave it, and get the wheels of commerce really rolling." And when we're done, we can replace our border crossing sign with: "Welcome to Maine. The way life was."

These are my thoughts as I pay my toll at the narrow gauge exit. As I shift thighs for the home stretch, a sign from the Maine Turnpike thanks me for my safe driving.

With one of my free hands, I return the sentiment with a sign of my own.

Elizabeth Peavey, whose column runs biweekly, has already broken all her New Year's resolutions. Send Super Glue, care of CBW.

Casco Bay Weekly

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Some of what the Production Department listened to while getting this week's paper out:

Grace Jones, "Nightclubbing" • Sandra Bernhard, "Excuses for Bad Behavior, Part 1" • Prince, "The Black Album" • No Doubt, "Tragic Kingdom" • Rachel's, "The Sea & The Bells"

Casco Bay Weekly
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Phone • 775-6601
Fax • 775-1615
E-mail • editor@cbw.maine.com

Smoke gets in your eyes

Maine law seems to indicate that most of what state government does is public information, and virtually anyone can gain access to whatever documents are being generated by taxpayer-supported employees simply by asking for them. Apparently, though, the response one receives sometimes depends on who's doing the asking.

The state Department of Human Services threw a world-class hissy fit in December when it received a request from Peter Dawson, an Augusta attorney, for several hundred documents relating to public efforts to discourage smoking.

"While most people are busily getting ready to celebrate the holiday season, whether it's Hanukkah, Christmas or Kwanzaa, the tobacco people are working their way both ostensibly and behind the scenes,"

sputtered ever-so-politically-correct Commissioner of Human Services Kevin Concannon to the Associated Press.

"The public has a right to know this is happening and it will tie up our staff for quite a few days," blustered Bureau of Public Health director Dora Mills.

There's a certain irony in Mills invoking the public's right to know. Dawson, as a member of the aforementioned public, has an absolute right to know what's in those documents, whether he's representing tobacco companies (an assertion that's yet to be proved), anti-smoking activists, private citizens, the news media or people who just like to fill their swimming pools with government paperwork, get naked and jump in.

State officials aren't being paid to gripe about this sort of request, they're being paid — and in the case of Concannon and Mills, paid very well indeed — to fire up the photocopier and move some paper through it. The commissioner and director may not like all the people who shell out their hard-earned dollars to the state's coffers, but they ought to be able to fulfill lawful requests from any of them without subjecting the requester to unwarranted attack.

Today's health tip: Zip your lip. It not only keeps noxious statements from escaping, it helps prevent second-hand smoke from creeping into your lungs or other important bodily organs.

Street legal

The committee appointed by Congressman John Baldacci and Congressman-elect Tom Allen to sort out the applicants for a soon-to-be-vacant federal judgeship on the 1st Circuit Court of Appeals will meet Jan. 4 and 5 to interview the 10 candidates and make its recommendation. It's still not clear whether the committee will choose a single candidate or give Allen

and Baldacci the names of the top two or three choices.

According to committee chairman Warren Silver, the list of potential judges now consists of lawyer Harold Pachios of Portland, state Supreme Court Justice Kermit Lipez, assistant U.S. Attorney Margaret McGaughey, state district court Judge Joyce Wheeler, Portland attorney Gerald Petrucci, assistant attorney general Tom Warren, Bangor lawyer George Singal, Lewiston attorney Jeff Thaler, Brunswick lawyer Marcia Cleveland and Lewiston lawyer Robert Hark.

State Supreme Court Justice Robert Clifford was said by sources to be applying for the job, but never did. Portland lawyer James Kaplan withdrew his application.

While Silver said the committee will concentrate on judicial experience and temperament in its inter-

views, that's hardly all there is to winning such a prime bit of political patronage. No matter which name tops the list after the interviews, the crucial aspect of the selection process may well be the intense behind-the-scenes lobbying that's already reached fever pitch.

War is over

The Economist magazine took note of defense secretary-designate Bill Cohen's skills as a poet by reprinting one of his early — and distinctly dovish — works.

The Choice

Suppose the line clicked dead and no voices screaming "STOP, it's a mistake!" could be fed to foreign ears?

Suppose the heavens opened up and a rain of missiles fell on earth and strung a chain of neutrons into the horror of every war and the roar was louder than the cries of every man that ever died with a bullet or bayonet in his throat.

And all the blood that had ever spilled or stained the earth was boiled in one atomic vat?

Suppose the earth became a ball of sun and flamed until it cindered into dust.

And laughter cracked across the universe as evil did rejoice?

Would God conclude that His mistake was giving man the choice?

It doesn't have to rhyme / For you to tell us about slime / Just drop the bomb! To ismaelia @aol.com / If e-mail causes you to come all undone / Send it care of CBW, 561 Congress St., Portland, ME 04101 / Or dial 775-1615 and use your fax / And as Bill Cohen would, no doubt, say, "Fax."



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The healing touch

One woman reaches out to help

Ellen Woodman, a massage therapist, has been volunteering at Peabody House for the past year, giving massages to people with AIDS. At right, she works on Peabody House resident David Simpson. PHOTO/COLIN MALAKIE



■ DAVID KOCIEMBA

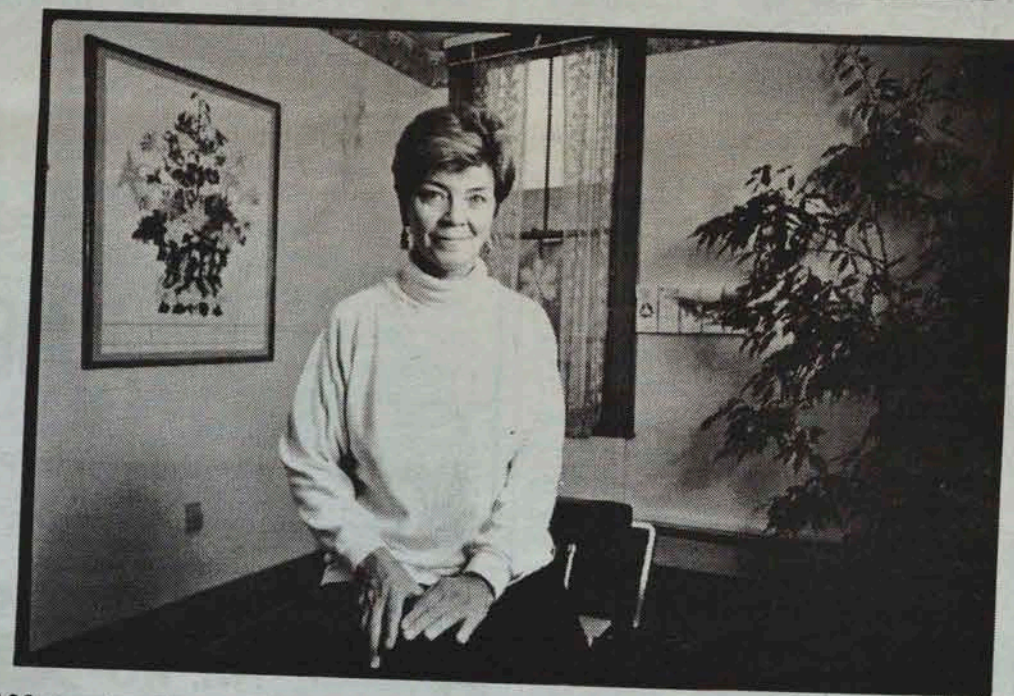
Ellen Woodman set out several bottles of massage oil on the dresser in Mark's bedroom at Peabody House, a Portland hospice for people with advanced cases of AIDS. Mark walked into the room — which, with its hardwood floor, brown walls and white curtains dotted with tiny deer, has a homey New England flavor to it — stripped off his shirt and laid down on his bed.

Woodman, who has given free massages to Peabody House residents every week for the past year, rubbed, pressed and caressed Mark's back and legs. She focused on areas where Mark's pain was worst, as he was not physically able to have a full body massage. As Woodman worked, Mark's breathing grew less labored, and he said his pain had receded. They talked about how Mark was feeling that day, the curative properties of each oil and how he got the long scar on his right leg, a relic of a fight during his high school days in Saugus, Mass.

At one point Mark asked Woodman if he looks like he has AIDS. "You're not real thin," she said. "You look it to you. I'm saying you probably look at yourself differently than people see you. I don't think people would see you and say right away, 'Oh, he has AIDS.' You know what you looked like with 100 more pounds. I don't."

Woodman ended by massaging Mark's face and head. After she finished, she pulled the sheet over his body. As she left, Mark said, "I'm wicked relaxed. Thanks."

Peabody House opened on Valentine's Day 1995, and Woodman is just one of



120 people who now volunteer there. Each Wednesday, she takes time off from her work at a Portland chiropractor's office and her own private practice to offer free massages to any of the hospice's three current residents. She graduated last year from a hospice training institute in Santa Fe, N.M. "The first thing I did was come here and say I want to do this," said Woodman. "So this is not just something I do."

Many people ask Woodman if she's risking her health by working in such close contact with people with AIDS. Woodman doesn't think she is. "I think there's a phobia [about touching people with AIDS]," she said. "I don't wear gloves. I'm careful. If somebody has a fungus infection or whatever, I've massaged in gloves before. I prefer not to do that, but I use common sense. I think a lot of people just don't know how it's

communicated."

Massage therapy has several physical benefits for people with AIDS. "Supposedly massage can increase the effect of pain medication," said Woodman. "So you can really use it for pain." Regular massages can also prevent bed sores by improving circulation.

Residents of Peabody House said the therapy helps control their pain and has other benefits as well. "[Massage] especially helps my feet with my neuropathy," said David Simpson, a muscular 40-year-old man who's lived at Peabody House for 16 months. "It's very spiritual too, which helps me a lot."

When Woodman first began massaging Simpson, he was so thin that light touching was as much as his fragile body could handle. But Woodman believes even that can help. "If you're afraid — it doesn't have to be massage — touch can

calm you, and that's really connected to pain too," said Woodman. "So if someone just puts their arm around you and just touches you, that can slow your breathing down and help that way."

Simpson has bulked up considerably since he began taking protease inhibitors and injections of testosterone about a year ago. Woodman can now give him a full massage, which she usually does after his daily workout.

Why has Woodman made such a commitment to helping people like Simpson? While studying massage therapy in Santa Fe, she went through the AIDS education program at the University of New Mexico. Her interest in the disease was then only an intellectual pursuit. But the AIDS epidemic soon made a personal impact on her life, when a friend and fellow massage therapist died of AIDS. "Well, I think it really hit home," said Woodman. "It was the first time somebody close to me [died of AIDS] and that I had been affected that way."

Woodman was volunteering with The AIDS Project as a final project for her degree during that time. Her first meeting with a client with AIDS had a profound impact on her. "[George] was lying on his couch in his apartment and I went over and shook his hand," said Woodman. "We got to know each other after a couple of months. And he said to me, 'You remember that day when we met each other and you shook my hand? That was the first time somebody had touched me in six months.' And I just thought, if I don't even remember that, and just that touch had that big an impression on somebody, then imagine if I could touch somebody, really touch somebody."

There can be an intense connection between Woodman and the residents. "I usually come away [from giving a massage] feeling lightheaded and energized," said Woodman. "And I think that's because, first of all, of the honesty that's demanded. I mean, there's some people living with a chronic illness and so close to death. I feel like every time I come, I'm put in a position to tell the truth. And I'm depended on to do that."

During the year Woodman's volunteered at Peabody House, she estimated four or five of the residents she's worked on have died. Of the 24 people with AIDS who have lived in the nearly two-year-old hospice, 17 have died, said Tom Cathcart, executive director of Peabody House.

"I think rather than being depressing, it's really learning how to live right now," said Woodman. "Things change so fast around here. It really shows me that we need to stay in the moment. I can come in one week and do a massage and come in the next week and somebody's died, or moved out or gone to Europe.... It's how to die but it's also how to live that I get."

David Kociemba is a news intern with CBW.

A helping hand

You have it within your power

to make the difference in

someone else's life. You do, really.

Maybe you have professional

training that can be put to good

use, like Ellen Woodman, whose

story you'll find on the opposite

page. Maybe you have some extra

time, or some energy to spare.

Maybe you've been helped by

others in the past and now are

strong enough to give something

back.

It's easy to put off

volunteering, easy to find excuses,

easy to say no to the needs of

others. But at some time in your

life, chances are you have taken

something from someone who

didn't have to give you anything.

There's only one way of making

good on that debt: Turn around,

and give to someone else.

In the listings that follow, you'll

find opportunities to help old

people, young people, sick

people, lonely people and hungry

people. But the person you'll be

helping the most is yourself.

SARAH GOODYEAR

volunteer issue

Low income

Habitat for Humanity of Greater Portland

P.O. Box 10505, Portland

This is part of a nonprofit international organization that builds homes in partnership with lower income families who apply for no-interest mortgages. They need volunteers to serve on committees to choose sites, select families and raise funds, among other duties. Volunteers are also needed for office work and on-site construction. Call Janice Drinan at 772-2151.

Pine Tree Legal Assistance

88 Federal St., Portland

This financially endangered agency provides free legal services in civil matters to low income people. Call 774-8211.

Preble Street Resource Center

5 Portland St., Portland

The center provides case management and services to homeless people and people with low incomes. Volunteers are needed to help serve breakfast 7:30-10 a.m., sort out clothes and clean the center seven days a week. Contact Mollie Mahanna at 874-6560.

Project FEED

202 Woodford St., Portland

Project FEED operates a food pantry that is open Mon-Fri from 1-3 p.m. They welcome volunteers to help with interviewing clients and grocery pickup and bagging. Contact Barbara Craig at 761-3920.

Regional Transportation Program, Inc.

127 St. John St., Portland

This organization offers transportation services to elderly, handicapped and low-income residents of Cumberland County who need a lift to appointments to medical, counseling or training services. Call Charles Baker at 774-2666, ext. 37.

St. Vincent de Paul Soup Kitchen

10 Locust St., Portland

St. Vincent's is the oldest soup kitchen in Portland. The 22-year-old program is open Mon-Fri from 10:45 a.m.-12:45 p.m. For more information, call 772-1113.

The Salvation Army

30 Warren Ave. and 88 Preble St., Portland

The Salvation Army has Portland roots that go back to the late 19th century. Their adult rehabilitation center is supported entirely by profits from their five thrift stores throughout southern Maine. They need volunteers to hang clothes and do other tasks at their two Portland thrift stores from 9 a.m.-6 p.m. Call Darren at 878-8555.

Volunteer Lawyers Project (VLP)

88 Federal St., Portland

The VLP offers legal assistance to people who can't afford to pay. Call 774-4348.

Wayside Evening Soup Kitchen

252 Oxford St., Portland

This soup kitchen provides evening meals seven days a week. Volunteers are needed to help prepare, serve and clean up from 4:30 p.m. Volunteers are especially needed after 5:30 p.m. A minimum 2-hour-per-month commitment is required. Groups of up to 30 people are encouraged to work together to volunteer one night a month for a year — a great opportunity for businesses or clubs. Contact Tom Vacca at 775-4939.

Health and healing

Adult Rehabilitation Center, Salvation Army

88 Preble St., Portland

This program houses up to 52 men in an 180-day rehabilitation program. They need an LPN, RN and/or MD to perform regular medical check-ups at the center and a dentist for basic dental work. The center also needs volunteers to help with the literacy campaign and prepare food. Contact Lts. William and Mary Kapschull at 774-7818.

AIDS Lodging House

142 High St., Portland

This residential program provides affordable, housing to people with AIDS. 773-7165.

American Red Cross

524 Forest Ave., Portland

The Portland Red Cross (which is about 98 percent volunteer-run) teaches health and safety courses in the community, leads aquatic classes and responds to disasters in the Cumberland County area. They need volunteers to serve as disaster instructors, family caseworkers, emergency action team members, health and safety instructors, HIV/AIDS awareness presenters and clerical staff. They also need volunteers to give comfort and support to blood donors. Training is provided. Contact Ginger Legenfelder at 874-1192.

The Arthritis Foundation,

Northern New England Chapter

930 Brighton Ave., Portland

This organization, dedicated to educating the public about arthritis, needs people to lead educational programs in their community and to lead support groups. Training is provided. Volunteers are also needed for fundraising and clerical work. Call Jeff Burgess at 773-0595.

Brighton Medical Center

335 Brighton Ave., Portland

Brighton needs volunteers to assist and transport patients after day surgery. Call Barbara Gill at 879-8035.

Catholic Charities Maine Birthline

562 Congress St., Portland

Birthingline is a crisis pregnancy service for women and young families dealing with unplanned pregnancies. The program provides emotional support and helps families to locate community resources. Men and women are provided with a training session and support network to provide direct services to families, repair cribs, sort clothing, do office work and help with publicity. Birthline also sponsors Project Rachel, where volunteers provide post-abortion counseling. All services are free and confidential, and no church affiliation is required for volunteers or families. Contact Glenice St. Peter at 871-7464.

Center for Community Dental Health

813 Washington Ave., Portland

The center needs volunteers to assist elderly patients while they wait for care in their nursing home program and their school program, where volunteers assist with the dental exam and give fluoride rinses. Volunteers are also needed to do clerical work. Call Bonnie Vaughn or Patty Pettegrew at 874-1025.

The Center for Therapeutic Recreation, Inc.

22 St. John St., Suite 254, Portland

The center offers a range of activities from bowling to gardening to horseback riding for people with disabling conditions. The primary focus is aquatics. The center will train volunteers to assist aquatics instructors and participants. Contact Kathy Powers at 772-0504.

Community Counseling Center

343 Forest Ave., Portland

The center provides various counseling services to people in the Greater Portland area. Call Roberta Lipsman at 874-1030.

Day One for Youth and Families

1000 Shore Rd. — Fort Williams

Cape Elizabeth

Day One provides services for youth and families affected by alcohol and other drugs, including parenting workshops, peer advising groups in schools and prevention programs. Day One is putting together its volunteer program right now. Contact Gael Jackson at 767-0991.

Family Crisis Shelter

P.O. Box 704, Portland

Volunteers who go through a training session work directly with victims of domestic violence on the 24-hour hotline or person-to-person as peer and outreach counselors. 767-4952.

Health South Rehabilitation Hospital

13 Charles St., Portland

The hospital needs volunteers for reading and assisting with crafts work, helping receive and transfer patients and providing emotional support for patients' families. Help is also needed with special events, entertainment, game-playing and office work. Contact Cheryl Higgins at 775-4000.

Hospice of Maine

693 Congress St. (rear), Portland

The hospice trains and certifies volunteers to provide non-medical support to terminally ill patients. Volunteers are needed to give emotional support and companionship to patients, run errands, do chores, provide transportation and more. A 30-hour training session and a \$50 fee (refunded after a year of service) is required for those willing to commit four hours per week to a patient and his/her family. Volunteers are needed for fundraising and office work. Call Terry Cronin at 774-4417.

Ingraham

237 Oxford St., Portland

Ingraham volunteers operate a 24-hour crisis intervention hotline at 774-HELP and a teen hotline at 774-TALK Mon-Fri from 4:30-8:30 p.m. and Sat 7-midnight. All volunteers get training and assistance. Training sessions for the crisis intervention hotline are 40 hours over four weeks and 20 hours over two weeks for the teen hotline. The next crisis hotline training session starts in March; for the teen hotline, training starts in April. Adult and teen volunteers are always needed. Call Pam McNally at 874-1055.

Maine Medical Center

22 Bramhall St., Portland

Maine Medical Center uses volunteers in more than 60 areas of the hospital through the Friends of Maine Medical Center program. The Friends visit patients with books and crafts, work in reception, provide comfort in the emergency room and more. The Women's Board runs the coffee and gift shops and needs volunteers to run the register, stock shelves and clean. The Visiting Board runs the hospital's flower shop. All volunteers undergo a minimum four-hour orientation; further training is given for positions in the emergency or operating rooms. 871-2205.

Martin's Point Health Care

331 Veranda St., Portland

Martin's Point is a group of primary health care physicians serving southern Maine and New Hampshire. 774-5801.

McAuley Residence

194 Spring St., Portland

This facility houses women in crisis for up to two years. 773-5289.

Mercy Hospital

144 State St., Portland

Volunteers are needed to provide office support and to escort and transport patients. Volunteer placements are by appointment and interview. All volunteers are trained. Contact Jennifer Fitzpatrick at 879-3286.

CONTINUED ON NEXT PAGE

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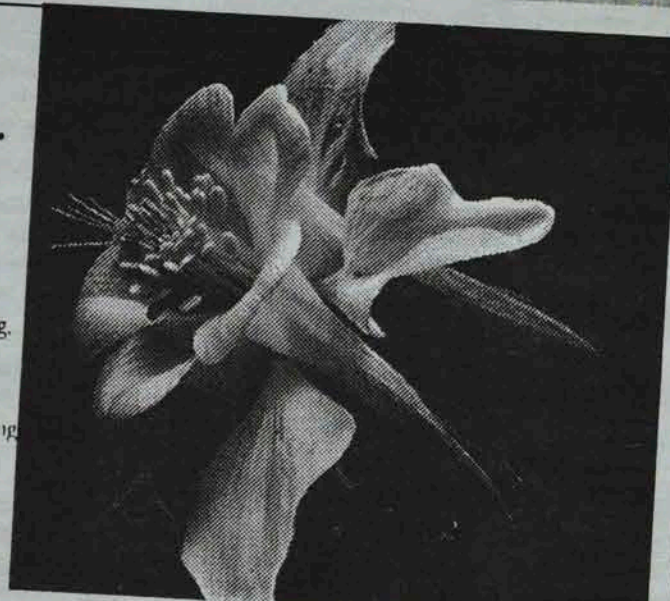
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Tummy Tuck, Fat Suction, Arm
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volunteer issue

CONTINUED FROM PREVIOUS PAGE

Northeast Hearing and Speech Center
43 Baxter Blvd., Portland
The center provides hearing, speech, language and voice evaluation and therapy. Call Nancy Steeves at 874-1065.

Parents Anonymous
Fort Williams Park
P.O. Box 284, Cape Elizabeth
The program provides support and encouragement for parents. They train volunteers to work from 6-midnight on their hotline from home or office. The program also needs group facilitators and child care volunteers for their parent and children's support groups. Call Pam Marshall at 767-5506.

Peabody House
14 Orchard St., Portland
Over 120 people currently volunteer at this hospice for those with an advanced case of AIDS, doing everything from routine office work to massage therapy. Call 774-6281.

People With AIDS Coalition of Maine
696 Congress St., Portland
PWAC offers meals, a food pantry and a drop-in center for people infected with the HIV virus. Call 773-8500 for an application.

Planned Parenthood of Northern New England
970 Forest Ave., Portland
Planned Parenthood provides reproductive health services, medical examinations, health educational programs and much more. For more information, call Sharon Grossman at 874-1100 ext. 326 or 800-287-8688.

Sexual Assault Response Services of Southern Maine
P.O. Box 1371, Portland
The center offers workshops, support groups and a 24-hour hotline for people dealing directly or indirectly with sexual assault. They need volunteers to answer hotline calls. They provide a 40-hour training session two or three times a year. (The next session will be offered in mid-March.) The center needs volunteers to plan and run the Chocolate Lovers Fling in April and perform various administrative duties. Call Anne Marie Betters at 799-9020 or 1-800-313-9900.

The AIDS Project (TAP)
615 Congress St., 6th Floor, Portland
TAP is a non-profit organization that provides services, advocacy and prevention education for men, women and children in southern Maine infected and affected by HIV/AIDS. The greatest needs are for hotline operators between 9 a.m.-5 p.m., front desk coverage and clerical work. Volunteers are also needed for annual events such as the Spring for Life art auction in March. Training sessions for hotline operators are ongoing and the next one is Jan 11 (contact them by Jan 8). Call Jill Tacy or Doug Eaton (hotline operators only) at 774-6877.

VNA and Hospice of South Portland
50 Foden Rd., So. Portland
This hospice provides a variety of home health services to residents of Portland, So. Portland, Scarborough and Cape Elizabeth. Call Michael Donahue at 780-8624.

YWCA
87 Spring St., Portland
The YWCA needs volunteers in its women's residence and child services programs, and teen parent services. At the Fair Harbor residence and emergency shelter programs for teenage girls, volunteers tutor teens in various craft and educational programs and teach cooking and other home economic skills. Volunteers are needed to teach workshops in literature, money management or job skills, to provide or prepare

food; and to assist staff on various projects. The YWCA always needs people to provide transportation or childcare services, do office work and organize clothing donations. Call Sara Archbald at 874-1130 ext. 3009.

Education
Catholic Charities Maine
Resettlement Program
562 Congress St., Portland
This program welcomes about 150 refugees from around the world to Portland each year. The program needs both long-term volunteers to work one-on-one with families and individuals. Work can include home tutoring for English as a second language, helping immigrants adjust to American culture and volunteering at the donation center. They also need volunteers for general office assistance. The program provides training for all services. Contact Sister Jean Little at 871-7437, extension 121.

Creative Resource Center
1103 Forest Ave., Portland
The center provides a place for teachers, day care providers and families to buy low-cost scrap materials and exchange ideas on creative uses for them. They need volunteers to bolt together metal shelving in their storage area. Call Diana Johnson at 797-9543.

"Good Neighbors," Portland West
1103 Forest Ave., Portland
This newspaper is published by Portland West to promote community spirit in the West End. They need volunteers to write articles and help with production. Call 775-0105.

Greater Portland Landmarks
165 State St., Portland
This local historical society always needs volunteers to run special events, work in the office or library Mon-Fri from 10 a.m.-4 p.m. and deliver publications or books. Mandatory training for Portland historical docents begins Feb 18 and meets every Tues from 9 a.m.-noon until April 22. This is the only training session of the year for docents. For information about volunteering as a docent, contact any of the participating organizations, which include the Maine Historical Society, Tate House and the Victoria Society. 774-5561.

Junior Achievement of Maine
600 Roundwood Drive, Scarborough
Junior Achievement needs volunteers to teach children in grades K-12 about the business world. The time commitment is one hour per week for 5-10 weeks. Training and materials provided. Contact the program director at 885-5521.

Literacy Volunteers of America
P.O. Box 8585, Portland
This organization works to alleviate adult illiteracy. They prepare tutors through an 18-hour training program (next session in February) and then assign advisors to assist tutors in their work. Volunteers are asked to commit to one hour a week for one year. Volunteers are also needed for fundraising and office work. Contact Jodi Moore at 780-1352.

Portland Adult Education
57 Douglass St., Portland
PAE uses tutors in reading and writing, English as a second language (ESL), business skills and math. Training is provided for all volunteers, and is required for ESL and reading and writing tutors. The next session is starting Feb 6 for reading and writing. Contact Nazare Conway at 874-8155.

Portland Housing Authority Study Centers
14 Baxter Blvd., Portland
The centers at Riverton Park, Kennedy Park, Front St. and Sagamore Village provide a quiet

study area for students in grades 3-12. Adult education and English as a second language classes are also held in the centers. They need tutors to help students with homework and to act as mentors. Call Mike Wilson at 773-4753.

Portland Public Library
5 Monument Sq., Portland
Where can Melville, Camus and Beavis and Butt-head all be found? The library. Call 871-1700 to find out how the library can use your particular talents.

Spring Point Museum
SMTC, Fort Rd., So. Portland
This museum collects and displays artifacts pertaining to South Portland and the surrounding area. Call 799-6337.

Elderly
Barron Center
1145 Brighton Ave., Portland
The Barron Center, located near Exit 8 of the Maine Turnpike, offers long-term care for elderly and chronically ill people, respite care and adult day care. Volunteers are needed to help patients with activities such as cooking, Beano and arts and crafts. The Barron Center also needs people to do clerical work, help out in the kitchen, work as waiters/waitresses in the resident cafe and do laundry. Contact Tonya Heskett at 774-2623.

Cedars Nursing Care Center
630 Ocean Ave., Portland
This is a long-term care and rehabilitation facility with an extensive volunteer program. The center needs help in the nursing unit from 5-7 p.m. daily, where volunteers transport patients, greet visitors and answer phones. Volunteers are also needed for clerical duties and to work with residents. Many other positions available. Contact the volunteer coordinator at 772-5456.

Enriched Golden Age Center, Salvation Army
297 Cumberland Ave., Portland
This is a club for senior citizens from the Greater Portland region. They are looking for teachers to start a beginning art class and an exercise class for older seniors. Volunteers are also needed to serve meals Wed-Thurs 11 a.m.-1 p.m. The center always needs people who are available on short notice for short-term projects. Contact Jeanette Henry at 774-6304.

Fallbrook Woods
418 Ray St., Portland
Fallbrook Woods is an assisted living facility for elderly people. 878-0788.

The Jewish Community Center
57 Ashmont St., Portland
The center offers senior citizen outreach and activity programs, child and parent classes and activities, day camps for children with special needs and parent and family education programs. They need volunteers to do office work and run youth programs. Call Roberta Van Pelt at 772-1959.

Pine Point Health Care Center
67 Pine Point Rd., Scarborough
Pine Point provides long-term and respite care and rehabilitation for seniors. The center needs volunteers to share whatever talents they have. They especially need volunteers to assist a bible study class and in the library. A volunteer is also needed to host a morning coffee social. Pine Point is also looking for visitors to help residents with correspondence. Call Mary Purdy at 883-2468.

St. Joseph's Manor
1133 Washington Ave., Portland
Volunteers are needed to come in and spend time with the elderly both one-on-one and in groups. Volunteers' activities are limited only by their imagination but typically include arts and crafts, weekly bingo games and trips to the mall. St. Joseph's also needs volunteers to entertain

residents and serve food. Contact Jeanne Silva at 797-0600.

Southern Maine Area Agency on Aging
307 Cumberland Ave., Portland
This program provides resources to senior citizens in York and Cumberland counties (except Brunswick) to help seniors remain independent. Volunteers are needed to offer clients transportation for daily errands, help with yard work and home repair and deliver groceries. There are also friendly-visitor and meals-on-wheels programs to aid senior citizens who cannot get out. The agency has very flexible hours. Contact Heather Brown at 775-6503 or (800) 427-7411.

Springbrook Center for Health Care and Rehabilitation
300 Spring St., Westbrook
This is a 24-hour center for the elderly, infirm adults and people in rehabilitation. They need volunteers for one-on-one visiting; activities include games, arts and crafts, bingo, bowling, and playing cards. Volunteers also help run group programs and special events, like their annual crafts fair and holiday gift-giving program. Musicians and entertainers are in demand. Contact Patricia Flynn at 856-1230.

Youth
Building Alternatives
14 Sherman St., Portland
This community-based correctional education program for youth offenders needs volunteers to do everything from tutoring to light construction to administrative tasks. Call Tom Pearson at 828-0992.

The Center for Grieving Children
879 Sawyer St., South Portland
The center helps children and their parents or guardians deal with the loss of a family member or friend and provides support for children with loved ones with a life-threatening illness. Volunteers interested in serving as support group facilitators must attend a Jan 4 orientation and a 25-hour training session on Jan 23. The center needs volunteers to do clerical work and begin setting up the center's sixth annual pet walk and fair in May. Volunteers are also needed to serve on their board of directors and in fundraising committees. 799-1112.

Child Development, People's Regional Opportunity Program (PROP)
510 Cumberland Ave., Portland
This center develops programs for children. Volunteers help in the classrooms, reading to children and watching them during nap time, help prepare lunches and lead field trips. Contact Vickie Doughty at 874-1140 ext. 317.

Choices Program, PROP
510 Cumberland Ave., Portland
Choices is an outgrowth of PROP's Peer Leaders program. They seek women to be mentors for girls between the ages of 9-12. The commitment involves one meeting per month plus individual time with a "mentee." Choices is also looking for professional women who are willing to allow a girl 10-15 years old shadow them on the job for a few hours. Call Bonnie Gray at 874-1140, ext. 303.

Cumberland County Child Abuse and Neglect Council
211 Cumberland Ave., Portland
The council's mission is to promote the well-being of children and families and to provide leadership in mobilizing the community to prevent and alleviate child abuse and neglect. Volunteers are needed to write and edit newsletters, work on fundraising projects, provide on-site child care and plan and run family events. The council also needs parents to mentor other parents. Call Dodie Morgan at 874-1120.

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RICHARD PARKS HOME FURNISHINGS

Supple-Pedic™

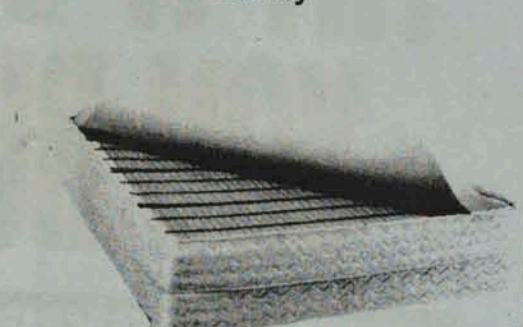
Pain-Free, Pressure-Free Sleep: Recommended by over 15,000 Medical Professionals Worldwide - Scientifically Proven Best Back Support, Lowest Pressures, Most Comfort

Supple-Pedic mattresses use a thick layer of revolutionary new material called **Polyfilax™** combined with a **Lever-Spring** supportive unit. Together they give you the most comfortable and supportive sleep possible.

Looks like an ordinary bed...



But is far from ordinary



Strobel
Leading Edge Technology Bedding Since 1974

What is Polyfilax™?

It is a new type of material that was originally developed for the N.A.S.A. space program. It has gained wide use in Swedish, European, and U.S. hospitals for orthopedic and burn units and for general pressure relief.

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Man has long sought the perfect cushioning material. From the invention of the innerspring mattress in 1871 to cotton, rubber, and standard foam paddings the search has continued. Modern science now gives us **Polyfilax™**. The most perfect material to date. This remarkably fluid material conforms exactly to the shape of your body giving perfect all over support and comfort. The technology is here today, why not take advantage of it for your own comfort?

New Technology Bedding

Doctors actually prescribe Supple-Pedic mattresses for their therapeutic advantages:

- Improved Circulation
- Better, More Comfortable Sleep
- Reduced Neck and Lower Back Tension to alleviate backache
- Total Body Support - No Pressure Points

Toss and Turn Less

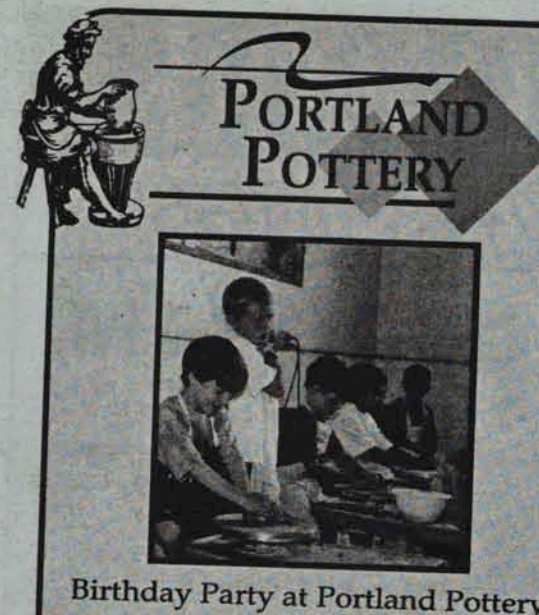
Supple-Pedic reduces tossing and turning substantially, resulting in a more restful and refreshing nights sleep. In a conventional bed, high pressure points are created which cut off blood circulation. You toss and turn in an unconscious effort to keep your blood circulating. Often you awake to have a limb feel numb. In bedridden patients these pressure points, and resultant loss of circulation, are what cause bedsores. This is why many hospitals use Supple-Pedic™ type mattresses. For the normal person, you get a better nights sleep.



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- ◆ Intermediate & Advanced • Tuesday, 6-9
- ◆ Waxcarving & Metalcasting Monday, 6-9 • Wed 6-9
- ◆ Regina Fobes Stringing Pearls & Beads • February 11th, 6-9

CLAY CLASSES

- ◆ Beginning, Intermediate & Advanced Wheel Throwing
- ◆ Different times/Great teachers
- ◆ Tilemaking, Decorating & Design • January 27th
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- ◆ 8 week classes, \$195 - includes studio time
- ◆ Paul Acroux • Teapots • January 29th, 6-9
- ◆ Glazed surfaces, February 5th, 6-9

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East End Children's Workshop
10 Mayo St, Portland
The workshop runs publicly funded child care centers for both preschool and school-age children. 772-5468.

Foster Grandparent Program, PROP

284 Danforth St, Portland
This program develops one-on-one supportive relationships between foster grandparents and children with special needs in hospitals, schools, learning centers and homes. Volunteers are also needed to serve on the advisory council. There is a mandatory two-week volunteer training program beginning Feb 3. They provide a small stipend for those income-eligible volunteers who commit 20 hours per week in service; all volunteers are reimbursed for travel and meal expenses. Contact Susan Lavigne at 773-0202.

Greater Portland Big Brothers Big Sisters

Suite 216B, 175 Lancaster St, Portland
Big Brothers Big Sisters is currently looking for volunteers (especially Big Brothers) 18 years or older who are willing to give a one-year commitment for 3-5 hours a week. Volunteers will be a friend, role model and positive influence to children 7-14 years old who are in need of more adult companionship. Informational meetings held monthly. 773-KIDS.

Muskie Independent Living/ Mentor Project

295 Forest Ave, Suite 191, Portland
The center provides mentors to adolescents in state foster care who are making the transition to independent living. They need volunteers, at least 20 years old, to serve as a friend and role model to young adults ages 16-21. They are also recruiting people interested in the environment to participate in environmental service projects. Contact Marty Zanghi at 879-0996.

Kennebec Girl Scout Council

138 Gannett Drive, South Portland
The local Girl Scouts council has many jobs for volunteers, including troop leaders and people to serve on task groups. Applicants are screened and trained. 800-660-1072.

Maine Youth Center

675 Westbrook St, South Portland
This rehabilitation center for young offenders needs volunteers to mentor primarily boys once a week for an hour. 822-0050.

Pine Tree Council, Boy Scouts of America

125 Auburn St, Portland
Ten thousand people volunteer with the Boy Scouts yearly, serving as everything from president and planning committee members to troop leaders and merit badge counselors. If a volunteer has a skill and wants to work with them, there's a place for them. Contact Mark Richard at 797-5252.

Portland West Neighborhood Planning Council

155 Brackett St, Portland
Portland West is a social service agency that advocates for lower-income West End residents. Their teen center at the Reiche School needs volunteers. The outing club, a family-oriented hiking and outdoor activity group that meets Sundays, needs someone with ice fishing expertise for a February outing. Their floor hockey program for teenage boys needs an athletic man, preferably with hockey skills, to assist the program and be a role model. Volunteers with computer skills who are interested in Maine Summer Campership can do secretarial work to help get scholarships to summer camps for lower-income children. Call Nance Parker at 775-0105.

The Root Cellar

94 Washington Ave, Portland
The Root Cellar needs volunteers to spend time

volunteer issue

with children in their K-5 grade afterschool program (Mon-Fri from 3-5 p.m.) and with teens (Tues and Fri from 6:30-8:30 p.m. and at various times on weekends) at their drop-in center. They welcome help with food distributions in the Munjoy Hill community and volunteers for their single mothers and teens programs teaching crafts and cooking skills. The Root Cellar also needs volunteers to mentor teens, lead Bible studies classes and lead trips for its outdoor program. People with experience leading praise worship services are also needed. The Root Cellar asks that volunteers belong to a local church. Contact Trish Harriman at 774-3197.

St. Elizabeth's Child Development Center, Catholic Charities Maine

87 High St, Portland
Call Kathy Collins at 871-7444.

Teen Adventure Program, Youth and Family Outreach

331 Cumberland Ave, Portland
This program welcomes people with knowledge or experience in the outdoors or environmental issues to act as leaders and guides for kids ages 11-15 on outdoor adventure trips. Call Amy Seidel at 874-2371.

YMCA

70 Forest Ave, Portland
Opportunities range from working in child care or summer camp to teaching aquatics or helping to raise funds. There is a great and growing need for people to help. Call Jim Bouchard at 874-1111.

Youth Alternatives, Inc.

1 Post Office Square, P.O. Box 596, Portland
Youth Alternatives provides mediation assistance to families in conflict, and centers and shelters for boys ages 7-17. 874-1175.

Youth and Family Outreach

331 Cumberland Ave, Portland
They need volunteers to help with daily care of infants, toddlers and preschool age children in their child care center. Volunteers are trained. Contact Amy Seidel at 874-2370.

YouthBuild Portland

181 Brackett St, Portland
YouthBuild is a vocational education program for low-income and at-risk youths focusing on construction and classroom work. They need tutors in many subjects, especially math, English, computer science and preparation for the GED. They are also looking for assistants to work on-site with students at the water quality testing and historic building projects. YouthBuild also needs volunteers to assist career development and leadership counselors and do administrative tasks. Contact Sara Mabley at 879-8710.

Special needs

Cerebral Palsy Center

331 Veranda St, Portland
The Cerebral Palsy Center offers educational programs, vocational training, therapy and recreation for children and adults who have multiple physical handicaps. The center needs aides to accompany staff and clients on field trips Mon-Wed-Fri from 9:30-11:15 a.m. and people to spend one hour each week helping clients feed themselves (available times: Mon-Tues at 3 p.m. and Wed-Thurs 11 a.m. and 3 p.m.). Training provided. Contact Elizabeth Morrison at 874-1125.

Community Partners, Inc.

66 Pearl St, Suite 212, Portland
445 Main St, Biddeford
Community Partners provides resources for developmentally disabled adults through day

programming and residential services. They have 31 homes and three day programs in towns across southern Maine. They need volunteers to visit the residential homes, reading to the residents, letting them play with pets and much more. Teachers are especially needed, in a variety of subjects ranging from arts and crafts to vocational training to mobility training. Call 780-9575 (Portland) or 282-7113 (Biddeford).

Goodwill Industries of Northern New England

353 Cumberland Ave, Portland
Goodwill provides support for people with disabilities in residential, employment and rehabilitative settings. They need volunteers to provide friendship and companionship through their mentor program. Minimum commitment is six months. Call Jane Kenneally at 774-6323 ext. 459.

Group Main Stream

205 Ludlow St, Portland
This group runs five residential centers that house more than 20 people with mild to profound mental retardation. Call 775-0824.

Maine Center for the Blind and Visually Impaired

189 Park Ave, Portland
The center sponsors evening and weekend programs for the blind and visually impaired. Call 774-6273.

Maine Chapter of the National Multiple Sclerosis Society

175 Lancaster St, Portland
The MS Society is a small but busy organization with a variety of volunteer opportunities. They always need general office help. There are also lots of volunteer opportunities at the society's special events, like the MS Walk, the MS Regatta and the MS 150 Great Bicycle Escape. Tasks may include staffing rest stops, distributing brochures in your neighborhood or workplace and registering participants on the day of the event. Creative talents are also needed for help with public relations, graphic design and public speaking. Contact Diane Reaves at 761-5815 or 800-639-1330.

Maine Special Olympics

125 John Roberts Road, Suite 19,
South Portland
Volunteers are needed to coach, officiate and run Maine's Special Olympics. While this organization needs help year-round, volunteers are particularly needed for the winter games at Sugarloaf Jan 26-28 and the summer games at the UMaine campus in Orono June 12-15. Contact Mark Capano at 879-0489 or 800-639-2401.

Port Resources

175 Lancaster St, Portland
Port Resources provides residential services and respite care to adults and children with developmental disabilities. Call Celia Schafer at 828-0048.

Project for Supported Living

76 Elm St, Portland
The project works with developmentally disabled people. Call 879-0847.

Riding to the Top

405 Western Ave #391, South Portland
This organization provides therapeutic riding services to disabled children and adults on a weekly basis, but is closed Jan and Feb. 829-6780.

Transportation Services, PROP

This service offers transportation to those in need for Medicare eligible medical appointments, family visits or child care referred from the Department of Human Services. 874-1140.

Art

The Children's Museum of Maine

142 Free St, Portland
The Children's Museum needs volunteers to serve as computer room monitors, program presenters, school group assistants and people to help at special events. There are also opportunities to volunteer in the museum shop, at the front desk and in the administration offices. Anyone who can offer creative ideas is welcome, and volunteers can either make a one-time or a long-term commitment. Contact Sara Brobst at 828-1234 ext. 227.

Danforth Gallery

34 Danforth St, Portland
The Danforth Gallery is a community-supported non-profit organization dedicated to providing exhibition space for Maine's artists. No volunteer opportunities will be available until spring. 775-6245.

Mad Horse Theatre

955 Forest Ave, Portland
The theater needs volunteers for ushering shows, assisting with mailings, helping with set construction (if skilled), collating programs, answering phones and distributing posters (they offer free tickets in exchange). Call Conny Carlson at 797-3338 or 885-5562.

Maine Arts

582 Congress St, Portland
Maine Arts especially needs volunteers to plan and run its two biggest events — the Maine Festival and New Year's Portland. But it also needs help with the Congress Square Festival, Fall for Arts, One World Portland and other community arts events. Tasks include stage management, technical assistance, office work, ticket selling, concessions, community outreach, data input and posterizing. Call Kim Monaghan at 772-9012.

Oak Street Theatre (Acorn Productions)

92 Oak St, Portland
Volunteers are needed to usher and distribute posters (if you post 10 posters they will give you free tickets to the show). The theaters can also use help in building sets, sewing costumes, and managing props. Contact Michael Levine at 775-5103.

Portland Concert Association

262 Cumberland Ave, Portland
This local concert group is at the heart of the Portland music scene. 772-8630.

Portland Museum of Art

7 Congress Square, Portland
The art museum needs volunteers to assist in their offices and at the museum shop, work on fundraising projects and to serve as guides. Contact Jean Graves at 775-6148.

Portland Stage Company

25A Forest Ave, Portland
Ushers are needed. Individuals with experience in costuming, electrical work or set construction can earn valuable experience (and a spot in the program) by helping out around the theater. The stage company needs volunteers to make a guest artist's visit more comfortable by inviting an actor over for dinner, taking him on a tour of local hotspots or just driving him in from the airport. Volunteers are also needed to perform a variety of administrative tasks and organizing and running special events. Contact Dawn McAndrews at 774-1043.

Vintage Repertory Company

92 Oak St, Portland
Vintage Rep wants creative volunteers to build and paint sets, make costumes and even design lights. There's always a need for people to usher, distribute posters and put together programs. Contact Jane Bergeron at 774-1376.

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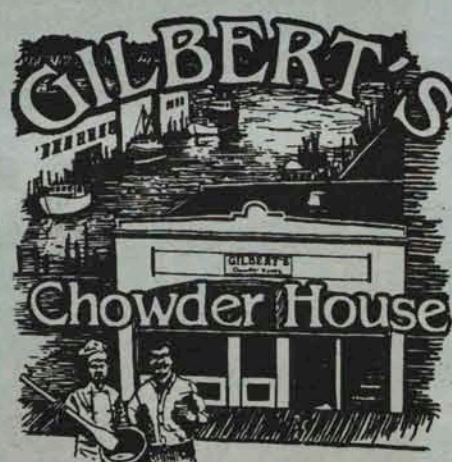
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volunteer issue

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Environment

Gorham Trails, Inc. and Gorham Land Trust
188 Narragansett St., Gorham

Gorham Trails and Land Trust maintains over 250 acres of land in the Gorham area for hikers, cross-country skiers, horseback riders, mountain bikers and snowmobilers. They need volunteers to help maintain trails, trail signs, bridges and more. Gorham Trails also welcomes volunteers to serve as stewards, who manage and maintain a particular parcel of land. Contact Audrey Gerry or Bob Frazier at 839-8000 or 839-4644.

Maine Audubon Society
Route 1, Falmouth

Novice to expert naturalists with an interest in teaching are needed for the Audubon Society's seasonal walk programs, speakers' bureau and public programs. They're also looking for weekend docents to answer phones and greet visitors. Volunteer opportunities include options for short or long-term commitments, one-time special events or ongoing projects and require novice through expert abilities. All volunteers receive benefits that include discounts and enrichment training. Opportunities are available year-round; mandatory training for Winter Walk leaders begins Jan 13-16. Call Stephanie Cox at 781-2330.

Maine Island Trail Association

41A Union Wharf, Portland
Maine Island Trail Association has a variety of volunteer opportunities available all year long. Possibilities range from data entry and fundraising to island cleanups and their Adopt-An-Island program. Since MITA relies so heavily on volunteers, big jobs are often available for those volunteers who want the challenge. Call Lucy Birkett at 761-8225.

Also...

Amnesty International

This human rights activist group needs people who want to participate in letter-writing campaigns to bring pressure on governments that violate human rights around the world. Members can attend monthly educational meetings. 871-5705.

Convention and Visitors Bureau
of Greater Portland

305 Commercial St., Portland
Volunteers are needed on weekends at the Visitors Information Center to provide tips to the public about places to stay, eat and sightsee. Call Helen Neilsen at 772-5800.

Foundation for Blood Research

69 U.S. Route 1, Scarborough
The foundation provides biomedical research, genetic counseling, testing and outreach education to medical professionals, high school and college students and the general public. Call Joanne Beaudoin at 883-4131.

Friends of Feral Felines
P.O. Box 8137, Portland

Friends of Feral Felines has many rescued stray cats who need both permanent and foster homes. Adults are fixed, vaccinated and have been tested for leukemia. Kittens available. Volunteers are also needed for trapping and feeding the cats, transportation, fundraising, and marketing/publicity. Call 772-9663.

Maine Civil Liberties Union
97A Exchange St., Portland

The MCLU is looking for volunteers to do a wide variety of tasks, from office work to legal research to desktop publishing. The MCLU is particularly in need of people with experience in library, school and health organizations for their education program. Call Sarah Cecil at 774-5444.

March of Dimes, Maine State Chapter

175 Lancaster St., Suite 213, Portland

The March of Dimes organization is committed to preventing birth defects, low birth weight and infant mortality through community service, advocacy, research and education. 871-0660.

My Choice - Maine Adoption
Placement Service

306 Congress St., Portland

My Choice provides housing, food, medical care, counseling and parenting education to pregnant young women and teens who have decided to continue their pregnancy. 772-7555.

Peace Action Maine

1 Pleasant St., fourth floor, Portland

Peace Action Maine needs volunteers in all aspects of its operations. Some opportunities include planning and implementing their disarmament letter-writing campaign and conflict resolution projects and volunteering in the office. Call Sheila Dormody at 772-0680.

Peace and Justice Center of Southern Maine

1 Pleasant St., fourth floor, Portland

The center is a meeting space and resource library for: Physicians for Social Responsibility, Maine Coalition for Food Security, Maine Lesbian and Gay Political Alliance, Veterans for Peace, Let Cuba Live, Women's International League for Peace and Freedom, Maine Foreign Affairs Education Fund, Pax Christi and the Gay, Lesbian and Straight Teachers' Network (GLISTEN). The center needs volunteers for administrative work and is a convenient place to volunteer for one of these peace and justice organizations. Call 772-0680.

Portland's Downtown District

400 Congress St., Portland

The Downtown District provides marketing, information and promotion services to help enhance the economic viability of Portland's downtown area. They need volunteers to run periodic special events. Contact Susan Cooper at 772-6828.

Retired and Senior Volunteer Program

P.O. Box 10480, Portland

RSVP seeks out people 55 and older who would like to help others and places them in meaningful volunteer positions as near to their home as possible. Benefits are available and include compensation for mileage, lunch money and insurance. Volunteers can train to become an ombudsman, visit seniors in nursing homes nearby, help homeless shelters by sewing blanket bindings, sheets and curtains, help transport seniors (provide your own car) and mentor at schools. Contact Priscilla Greene at 775-6503.

United Way

P.O. Box 15200, 400 Congress St., Portland

The United Way supports many community service programs in Greater Portland through funding and volunteer support. The United Way itself needs help in its volunteer center and for special projects year-round. They also print a free booklet, "Let's Help," which describes volunteer opportunities in the area. If you haven't found a volunteer niche by the time you've read this far, call 874-1000 to ask for a new copy of "Let's Help" and to learn about new volunteer needs.

World Affairs Council of Maine

USM 96 Falmouth St., Portland

The World Affairs Council promotes understanding of international affairs in the education, individual and business communities. They need volunteers for book-keeping, individual membership assistance and maintaining their home page. Contact Barbara Ganly at 780-4551.

St. John Street.

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312 St. John St., Portland, 828-5978; 71 India St., Portland, 773-1682; 1379 Washington Ave., Portland, 797-5514; 1108 Broadway, South Portland, 767-5916; Oak Hill, Scarborough, 883-2402; 3 Main St., Gorham, 839-2511; 135 Maine St., Brunswick, 729-5514; Midtown Mall, Sanford, 324-7407; 469 Main St., Saco, 286-2377.

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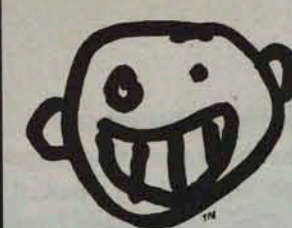
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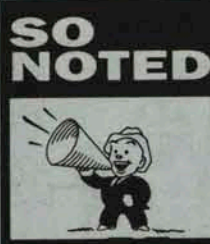
comment

Help, we need somebody

This week, we bring you our third annual volunteer issue (story and listings start on page 8). It's one copy of this newspaper that we hope you'll keep around for more than a week before you use it to wrap fish or pick up dog doo or whatever you do with old copies of *CBW*.

While the Republican revolution seems to have lost momentum for the time being, and not every government program has yet been dismantled in the name of balancing the budget, organizations that help the neediest people among us are seeing funding sources dry up all the time. The only way they can hope to continue doing important work is if ordinary citizens pitch in and help. Arts organizations, too, are being fiscally crunched, and despite the city's rhetorical support for an arts district, more concrete support — in the form of actual cash money, for instance — is not forthcoming.

In this year's listings, you'll find a wide variety of volunteer opportunities. Some, like hospice care, require a great deal of personal commitment; some ask only that you give a day or an hour of your time. Take the chance to give of yourself. You'll get a lot in return.



Rebuilding YouthBuild

Speaking of organizations in need, Portland West's YouthBuild program could use a little help. The YouthBuild offices were broken into twice in two days just before Christmas, and the program — which provides job training for at-risk youth — lost computers, power tools and other valuable equipment. Even the students' Christmas gifts to each other were stolen. It will take thousands of dollars to replace what was taken.

The police haven't made any arrests in the case, and it is possible that whoever is responsible for the burglaries will never have to face the legal consequences of his or her actions. But we hope they feel lousy, if not right now, then later, when they have a chance to think about it.

The people at YouthBuild would feel less lousy if the community came up with some cash. You can call them at 879-8710 and talk to them about how you can help. YouthBuild is one of the most positive and effective programs going in the city today. Its graduates often succeed in changing their lives for the better. You could be part of the solution.

SARAH GOODYEAR

ESSAY

Resolutions for other people I'm OK, but you could use a little help

■ ZOË MILLER

I've never been one to make New Year's resolutions. It's not that I can't think of them, it's just that I'm no good when it comes to following through. This year I figured, why not take my talent for creating resolutions and bestow them on people who will make the most of my fine ideas? After all, it's a shame to let good resolutions go to waste. With just a little thought, I realized I had plenty of good ideas for my fellow city-dwellers on how we can make Portland an altogether better city. Some of the resolutions spring from my own pet peeves, but for the most part they're based on a deep desire to see Portland become all it should be.

Pick up after your dog

If I had a dollar for every time I've planted my foot in doggie doo over the past year, I'd be ... well, I'd have at least a 10-spot. Nothing infuriates me more than becoming the victim of some dog owner's bad manners. I love dogs and I love having them in our city, but I do not love the way their waste decorates our sidewalks. Get a newspaper, get a plastic bag, get a leaf — I don't care how you do it, just pick it up.

Walk instead of driving

When you consider how small Portland really is, it's a shame more people don't walk when they're headed downtown. Even if you live on Munjoy Hill, it's not as though you have to travel 200 miles. There's no better cure for traffic congestion and parking shortages than hoofing it.

Maybe you live too far away from the eateries and shops of downtown Portland to walk. If that's the case, I'll let you off the hook on one condition: Stop complaining about the supposed lack of parking. So Portland doesn't have boundless amounts of free parking. Have you been to Boston or New York lately? Do you realize how much people pay to park in garages in other cities? It's not cheap. Besides, if you're willing to walk a few more blocks, lots of Portland's neighborhoods have on-street parking.

Go out more

Over the past year, Portlanders have said goodbye to three of their favorite music venues — the State Theatre, Granny's and Morganfield's. Even with rumors of reopenings buzzing around town, no one dares to predict a bright future. The trouble is, Portland just can't seem to sustain more than four or five clubs at one time. There's no mystery. People just aren't going out. Sure, there's the core crowd that's always gone out. But for Portland's club scene to bloom, we need new blood. It could be the cold weather or the economy keeping people at home, but let's be optimistic and chalk it up to laziness. 1997 is the perfect year to peel yourself off of your sofa and support your local club scene.

Do research before opening a business

Congress Street has sure gone through some changes over the past year. Sandwich shops have opened. Sandwich shops have closed. Craft stores have come and gone. All along it was clear that Congress Street needed an anchor if it would ever return to the glory days of Porteous. Now we have L.L. Bean. Whether or not Bean's will actually have the effect everyone is hoping for, it has certainly spawned a new generation of hopeful businesses. There's L.A. Nails, Faux Fantasia and coming soon ... another coffee shop. All this makes me wonder, do these budding entrepreneurs actually conduct any research? Do they actually consider whether or not the people shopping at Bean's need their nails done, or would like to marbleize their living room walls? Maybe I'm giving in to the pessimism that still lingers here in the arts district, but I can't help it. If you plan to open a business, come on, do some market research.

Stop for pedestrians

In terms of courtesy, Portland's drivers rank right up there with the slime that grows in your bathtub. They seem to care only how many seconds they can save by ignoring traffic laws. Forget walk signs, crosswalks and red lights. Portland's pedestrians face traffic anarchy. We must steal across streets when we get an opening and hope we don't get plowed over.

If you're a driver, you better change your ways. This isn't one of those "practice random acts of kindness and senseless beauty" rants, this is a matter of life and death.

Zoë Miller practices some of what she preaches.

HUSSON COLLEGE PORTLAND PROGRAMS



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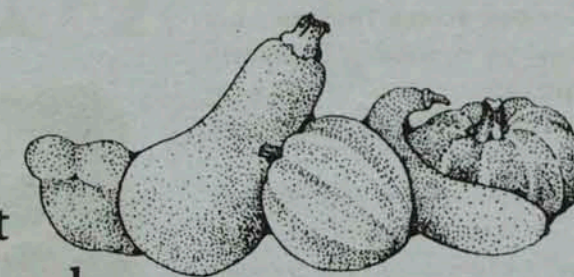
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The expanding oak: The ceiling's gone, walls are blown out, all manner of wiring runs higher and thicker and the next production, "Buried Child," goes up in a week. Not to worry, says Mike Levine of **Oak Street Theatre**, who's overseeing the renovation of the theater's stage and backstage areas. "It'll be done by then," he says. "We may not sleep much, but it'll be done."

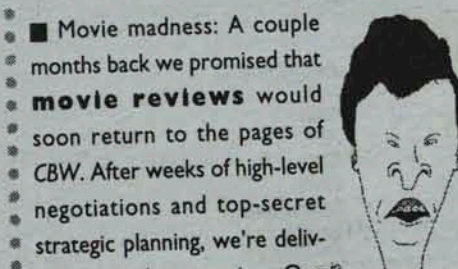
The most dramatic part of the makeover, which Oak Street launched last week, is the removal of a false ceiling above the stage, which will effectively add another 5 feet of height and allow the theater to improve its lighting and overall technical abilities. A rear wall was also removed, adding about 12 feet of depth to the stage area. New lighting and an assortment of cosmetic upgrades are also on tap. The improvements are being paid for with a \$10,000 grant from the Davis Family Foundation.

The renovations are part of an overall facelift at Oak Street, which also includes a new poetry reading series hosted by Steve Luttrell, an upcoming music series and a new logo. The music series, called *The World of Music*, will feature an assortment of local and regional folk, blues, jazz and world music acts and begins Jan. 31 with Inanna, followed on Feb. 1 by the acoustic duo Chris Moore and John McGinn. "It's a new year, a new logo and a new look for the theater," says Elizabeth Buchsbaum, who runs the theater along with husband Levine. "The poetry and music series are just part of what we've always envisioned the theater to be, which is a performing arts center. It's a lot of work, but it's exciting to see it happen."

ear to the pavement

■ T-shirt of the week dept.: Our crack team of fashion spotters recently encountered an article of clothing that's soon to become a gotta-have for aficionados of local disasters: a T-shirt with the heading "**SHIP Happens**" with a photograph of the *Julie N* creaming the Million Dollar Bridge. In case it's slipped your mind, the date is also included: Sept. 27, 1996. The shirts are available at Becky's, 390 Commercial St., for the tax-included prices of \$16.96 (short-sleeve) or \$19.61 (long sleeve). Becky's reports sales of the long-sleeved version as brisk: At the moment, only XXL is available.

■ Movie madness: A couple months back we promised that **movie reviews** would soon return to the pages of CBW. After weeks of high-level negotiations and top-secret strategic planning, we're delivering on the promise. Our retroed movies page, which we unveil in this issue, will include a weekly review — penned by one of our crack team of opinionated film buffs — and capsule reviews of films we've already weighed-in on, along with the usual place-and-time info. Our inaugural review? "Beavis and Butt-head Do America," which appears on page 32. **CBW**



■ **ELLEN MCALISTER**
Hello, everyone. My name is Ellen and I'm a joiner.

The roots of my addiction began during the long, dark stretch known as high school. It was a dismal rainy day, I was wearing black and, as usual, I was angst-ridden. I occupied myself brainstorming new ways to verbally abuse my instructors and contemplated further procrastination on my already overdue homework. Then I stumbled upon the idea that I might be distracted from the circumstances of my incarceration if I were really, really busy. Soon, I allowed

edge

WELCOME TO CARMAGEDDON ... NO POND WITHOUT THE PREACHER ... SPEAKING OF ICE ... CARTOONING AROUND IN THE DARK AT THE PMA ... BEHIND THE WHEEL WITH SONIC JOYRIDE ... NEW PLAYS! WE GOT 'EM!



ILLUSTRATION/PATRICK CORRIGAN

For the love of art Busy days and really busy nights: A local arts volunteer tells all

■ **ELLEN MCALISTER**

Hello, everyone. My name is Ellen and I'm a joiner.

The roots of my addiction began during the long, dark stretch known as high school. It was a dismal rainy day, I was wearing black and, as usual, I was angst-ridden. I occupied myself brainstorming new ways to verbally abuse my instructors and contemplated further procrastination on my already overdue homework. Then I stumbled upon the idea that I might be distracted from the circumstances of my incarceration if I were really, really busy. Soon, I allowed

myself to be seduced into joining any number of activities. I started carrying a daily planner and booked myself to the max. I became an extracurricular junkie — newspaper, debate, theater, sports, you name it. It worked. The days ticked by, weeks flew, months screamed past and, in due time, my sentence ended.

As an adult, I still need my fix. I have an almost primal urge to be doing something all the time, to be perpetually going somewhere. A year and a half ago, I began a serious joining — i.e., volunteering — binge that has only recently tapered off. I became a docent at the

Portland Museum of Art. I ushered and made costumes at Portland Stage. Though I had long been a part of Shoestring Theatre, I redoubled my enthusiasm for performances and danced wildly in every parade. I wrote for *Good Neighbors*, a community paper in the West End, worked briefly for Aggressive Folk and stopped just short of becoming an intern with Astarte Shell Press. I was a volunteer with a vengeance.

I'm taking a well-earned breather from my volunteer regimen at the moment, but if you happen to be looking to score some volunteer work in the arts community yourself, here's the inside dope on a few prime opportunities:

Portland Museum of Art

In general: The docent program at the Portland Museum of Art is, as volunteer work goes, extremely time-consuming and requires a great deal of commitment, as well as a militant love of the visual arts. Docents give tours of the museum, lecture on specific exhibits, work the information desk and travel to schools to discuss art with students who can't visit the museum themselves. Upon acceptance, new docents begin a three-month curriculum of intensive art history and teaching classes. In exchange, docents-in-training agree to work at the museum 16 hours a month for one year.

Perks: Aside from the obvious perk of learning to discuss art relatively intelligently and with some authority, docents are kept up-to-date on new exhibits and tour them before they open to the public. They are invited to museum functions with free food, have access to the museum's library and artist files and can take part in docent trips to museums in other parts of the country.

Drawbacks: As I mentioned earlier, being a docent requires a great deal of free time. Sixteen hours a month may not seem like a lot, but the innumerable other activities and responsibilities available to docents make it very difficult to be involved in the program without seriously altering your lifestyle.

Portland Stage Company

In general: Portland Stage Company, as well as Mad Horse Theatre, Oak Street Theatre and a host of other performing arts groups, recruits volunteers to usher, work on sets and costumes, distribute posters and help pick up the slack.

Perks: On the material side, volunteers are offered free tickets and posters, but the real perk is the chance to watch a professional performance being put together from the inside out. Experience the wondrous chaos of opening night. Listen in on pre-show gossip from behind the bar. Be amazed at how even the hem you stitched looks from the audience.

Drawbacks: Though there were very few drawbacks to the actual work I did at Portland Stage, the overall sense of disorganization drove me crazy. No one remembered who I was or what I had done for the theater in the past, the staff turnover was unbelievably high and, though I was perfectly willing to work again this season, the theater has been a bit slow establishing both schedules and tasks. On the other hand, since I'm in semi-retirement, I haven't exactly made a point of working anything out, either.

Shoestring Theatre

In general: Volunteering with Shoestring Theatre is the absolute antithesis of the docent program at the Portland Museum of Art. The only thing the two have in common is that you don't get paid to participate. All you really have to do to become a part of Shoestring is show up and be willing to work hard and cut loose in public. It helps to be a little outgoing, a little outrageous and physically strong enough to

dance in huge papier-mâché puppets.

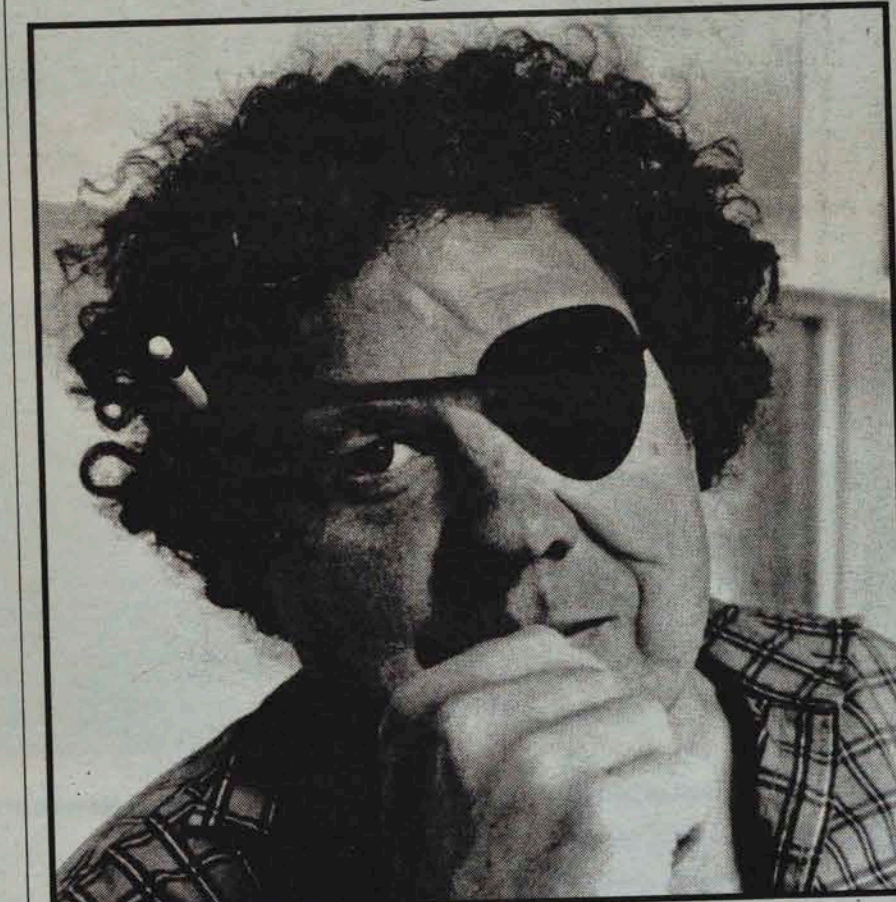
Perks: You get to hang out with fabulous, funky people. More often than not, you will be fed well. You get to be as wild and crazy as you want to be, anonymously. You get to sweat and schlep until you just can't take it anymore, and then you sweat and schlep some more. When you finally collapse from it all, someone will hand you a glass of wine and start discussing politics.

Drawbacks: I've yet to find any, with the possible exception of dragging large puppets up a fire escape to the theater at two in the morning. Even something like that, though, has a sort of bizarre, Shoestring-style beauty to it, and it definitely builds a sense of camaraderie.

Having said that, I need to stop — I'm getting a serious jones to join something and flex my well-rested volunteering muscles. Could this mean that I'm rejuvenated and ready to roll? Or should I resist, and let someone else pick up the slack? It's something to think about — at least until nap time. **CBW**

preview

Heart of glass



Have glass, will create: Dale Chihuly

If you've browsed through the "Seaforms" exhibit at the Portland Museum of Art, you have a pretty good idea of where Dale Chihuly's glass sculpture sensibilities are at: organic, color-drenched, anything-goes. Chihuly's best stuff is big, bright and daring, boldly going where no glass has gone before.

Chihuly, arguably the best-known contemporary glass artist in the country, will be in Portland for the museum's 1997 Bernard A. Osher Lecture, Jan. 8 at the Holiday Inn by the Bay. Chihuly's talk, which is open to the public, will be accompanied by slides of his glass sculpture and will include a bit on the concepts and techniques that make his work so dynamic.

■ **SCOTT SUTHERLAND**

"An Evening with Dale Chihuly" will be held Jan. 8 at the Holiday Inn by the Bay, 88 Spring St., at 7 p.m. Tix: \$8, \$5 members. 775-6148.

Here's what your friends are saying...

"Hypnotic! Marvelous exhibit!"

"Now I want to learn to blow glass."

"Deeply captivating — Beautiful!"

"I'll return and return and return..."

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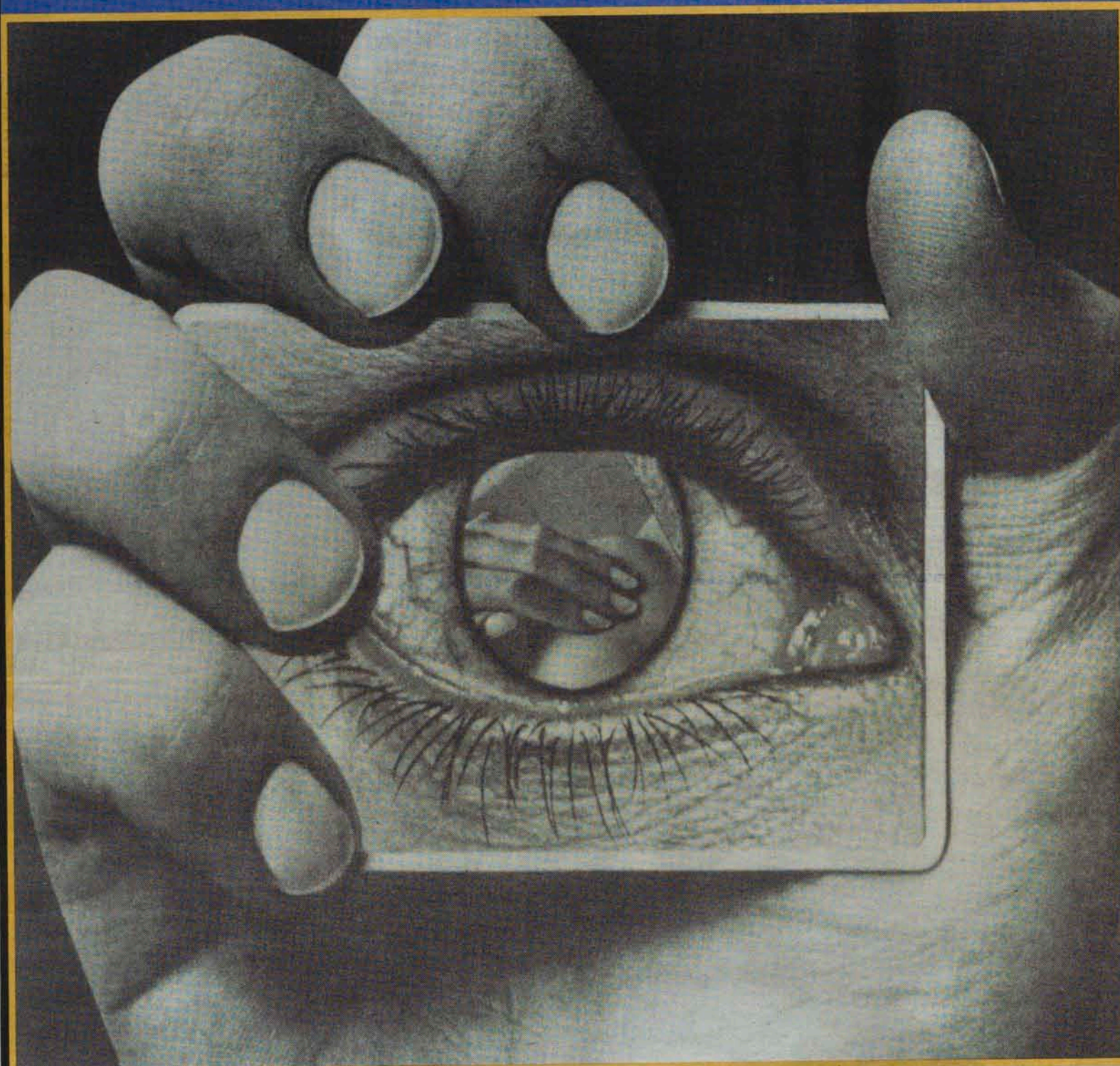
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calendar

Submissions for the calendar must be received in writing on the Thursday prior to the publication. Send your calendar listings to Zoë Miller, Casco Bay Weekly, 561 Congress St., Portland, ME 04101.



Still from "Frank Film" (1973), part of "Art in the Dark Movie Marathon" at the Portland Museum of Art

saturday 4 Are you one of those souls who laments the bygone era of hand-drawn animated cartoons? You're not alone. The Portland Museum of Art celebrates the fine art of cartooning with "Art in the Dark Movie Marathon: Celebrate Animation!" The afternoon and evening of intriguing animation features classics by Bill Plympton, the Brothers Quay and Walt Disney. At PMA, 7 Congress Sq. Screening I: 1-5 p.m. Screening II: 7-9:30 p.m. Cost: \$5 per session, \$8 all-day pass. For the kid in you, there's also "Family Films: Saturday Morning Cartoons on Friday Night," an hour of classic cartoons featuring Droopy Dog, classic Bugs Bunny and Mister Magoo. Jan. 3 from 5-7 p.m. Cartoons: 6-7 p.m. Cost: \$3, \$1 kids. 775-6148.

thursday 2 There's a character everyone can relate to in Dark Water Theatre Company's latest production, "Durang Durang." Christopher Durang's six one-act plays take viewers on a journey from a Southern parlor — in "For Whom the Southern Belle Tolls," a parody of "The Glass Menagerie" — to the Russian Tea Room for a one-sided meeting of the minds in "Business Lunch at the Russian Tea Room." At the Danforth Gallery, 20-36 Danforth St., at 8 p.m. Shows through Jan. 19. Tix: \$13, \$10 students/seniors. 892-3728.

friday 3

Portland has been getting a good dose of funk lately, and we don't see why it's necessary to mess with a good thing. The funky hip-hop quintet **Chuck** keeps the funk coming when it brings in da noise



Bring in da funk: Chuck at Stone Coast, Jan. 3

at Stone Coast Brewing Company, 14 York St., at 10:30 p.m. Tix: \$3. 773-2337. **sunday 5** For anyone who has ever longed for the love of a good dog, Portland Stage Company presents "Sylvia," A.R. Gurney's tale of a husband and wife and the dog who shakes up their lives. "Sylvia" takes a funny approach to the serious issues of mid-life crisis, marriage and psychoanalysis. At PSC, 25A Forest Ave., at 2 & 7:30 p.m. Shows through Jan. 26. Tix: \$18-\$29. 774-0465. **monday 6** If you're jonesin' for some heavy guitar and intense, angst-stricken lyrics, then Zootz has your fix. Catch a whole plethora of hardness with **Polyglot, Brother's Keeper, Torn Apart, Reason Enough and Inside Strike** at Zootz, 31 Forest Ave., at 4:30 p.m. (all-ages). Tix: \$6. 773-8187.

tuesday 7 If the word ceramics brings to mind an image of the bowl you ate your cereal out of this morning, then maybe it's time to broaden your view. The USM Art Gallery's "Elements: Works in Ceramics," a show of work by Roy Guerrette, Heather Parker, Christina Oliver and Theresa Smith, offers plenty of excursions into the artsier side of ceramics. At USM Art Gallery, 37 College Ave., Gorham. Shows through Jan 16. You can rub shoulders with the artists at the closing reception Jan. 16 from 4:30-7 p.m. Hours: Tues-Sat 1-4 p.m. 780-5409. **wednesday 8** Does winter find you feeling unmotivated and directionless? Sounds like it's time for a shot of inspiration. The new documentary at The Movies, "Small Wonders," ought to do the trick. Learn about one inspirational Harlem music teacher and her headstrong students who didn't give up when their budget was cut. At The Movies, 10 Exchange St., at 5:15 & 7 p.m. Tix: \$4.25. Support local string pullers at a benefit showing for the Portland String Quartet, Jan. 12 at 3 p.m. 772-9600.

thursday 9 Nothing aids digestion like a **Portland Conservatory of Music** noonday concert. The sounds of the Portland String Quartet, for example, go especially well with a sandwich and a bag of chips. At First Parish Church, 425 Congress St., at 12:15 p.m. Free. 775-3356. **friday 10** If you missed them on their last visit to Portland, be sure to catch **Oleg Koshelev & Tamara Poddoubnaia** this time around. This accomplished pair of Russian pianists hails from St. Petersburg, where they teach music at the Rimsky-Korsakov Conservatory. They'll set the keys on fire at the Portland Conservatory of Music, 44 Oak St., at 8 p.m. Cost: \$10 (\$6 students/seniors). 775-3356.

saturday 11 Along with her eyes and her good sense, you may also have inherited your mother's weird eating habits. Nutrition expert and author Debra Waterhouse knows all about it. In her new book, "Like Mother, Like Daughter," Waterhouse explores the ways mothers pass on weight preoccupation and poor body image to their daughters. Waterhouse will talk about her book at Greater Bookland Mall Plaza, 220 Maine Mall Rd., So. Portland, from 2-3 p.m. Free. 874-2300.

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Sat. 11th Rustic Overtones

Tues. 14 Zen Lunatic

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clubs



Prime cut
The psychedelic painted bus and Fimo lettering on the cover of **SONIC JOYRIDE'S** eponymous debut are just a couple of hints that this New Hampshire trio likes to jam. Their music combines pop hooks, intricate melodies and thought-provoking lyrics. Join the ride Jan. 7 at Stone Coast Brewing Company, 14 York St., Portland, at 9 pm. Puddles of Joy opens. Tix: \$1. 773-2337.

thursday 2
The Basement
Neptune Ensemble, 1 Exchange St., Portland. 828-1111.

The Big Easy
T.B.A. (blues), 416 Fore St., Portland. 780-1207.

Comedy Connection
Comedy Showcase, 6 Custom House Wharf, Portland. 774-5554.

Dark Horse Saloon
Candi-oaks, 145 Kennebec St., Portland. 773-7791.

Free Street Taverna
Johnny Welfare, 128 Free St., Portland. 774-1114.

Geno's
Acoustic Wide Open Mic Night, 13 Brown St., Portland. 772-7891.

The Moon
T.G.I. Thursday (DJ Jayce spins top 40 dance), 427 Fore St., Portland. 772-1983.

Old Port Tavern
Zelfrons, 11 Moulton St., Portland. 774-0444.

The Pavilion
DJ Jim Dawg Lynch (top 40), 188 Middle St., Portland. 773-6422.

Stone Coast Brewing Company
Frank Hannon's Jam Sandwich (guitar rock), 14 York St., Portland. 773-2337.

The Undergound
Retro Dance with Bob Look, 3 Spring St., Portland. 773-3315.

Zootz
Gothic Industrial Dance Music until 1 am, 31 Forest Ave., Portland. 773-8187.

friday 3
The Basement
Smoked Salmon, 1 Exchange St., Portland. 828-1111.

The Big Easy
T.B.A. (blues), 416 Fore St., Portland. 780-1207.

Comedy Connection
T.B.A., 6 Custom House Wharf, Portland. 774-5554.

Free Street Taverna
Zelfrons, 128 Free St., Portland. 774-1114.

Geno's
Hissy Fit and Tarpigh, 13 Brown St., Portland. 772-7891.

Grill 36
T.B.A., 36 Market St., Portland. 772-6099.

The Industry
College Night (DJ Mix), 50 Wharf St., Portland. 879-0865.

The Moon
International Dance (DJ Jayce), 427 Fore St., Portland. 772-1983.

Old Port Tavern
Skinny Mulligan (rock), 11 Moulton St., Portland. 774-0444.

Raoul's
T.B.A., 865 Forest Ave., Portland. 773-6886.

Stone Coast Brewing Company
Chuck (punk/hip-hop), 14 York St., Portland. 773-2337.

Tipperary Pub
Rakish Paddy (Irish ballads), Sheraton Tara Hotel, Maine Mall Rd., So. Portland. 775-6161.

The Undergound
Dancing with DJ Andy, 3 Spring St., Portland. 773-3315.

Free Street Taverna
Zelfrons, 128 Free St., Portland. 774-1114.

Geno's
Hissy Fit and Tarpigh, 13 Brown St., Portland. 772-7891.

Grill 36
T.B.A., 36 Market St., Portland. 772-6099.

satursday 4
The Basement
Squagmire, 1 Exchange St., Portland. 828-1111.

The Big Easy
T.B.A. (blues), 416 Fore St., Portland. 780-1207.

Clyde's Pub
Karaoke, 173 Ocean Ave., So. Portland. 799-4473.

Comedy Connection
T.B.A., 6 Custom House Wharf, Portland. 774-5554.

Free Street Taverna
Swaylode, 128 Free St., Portland. 774-1114.

Geno's
Strictly Business, 13 Brown St., Portland. 772-7891.

The Industry
Dance with DJ Mix, 50 Wharf St., Portland. 879-0865.

The Moon
Portland's Best Dance Party (DJ Dredd), 427 Fore St., Portland. 772-1983.

Old Port Tavern
Skinny Mulligan (rock), 11 Moulton St., Portland. 774-0444.

The Pavilion
DJ Jim Dawg Lynch (top 40), 188 Middle St., Portland. 773-6422.

Raoul's
T.B.A., 865 Forest Ave., Portland. 773-6886.

Stone Coast Brewing Company
Bob Rasero & The Renovators (rockin' blues) and Lazy Lightning (Dead covers), 14 York St., Portland. 773-2337.

Tipperary Pub
The Alan King Band, Sheraton Tara Hotel, Maine Mall Rd., So. Portland. 775-6161.

The Undergound
Dancing with DJ Andy, 3 Spring St., Portland. 773-3315.

Verrillo's
Horizon, 155 Riverside St., Portland. 775-6536.

Zootz
Decades of Dance (70s, '80s and '90s dance music), 31 Forest Ave., Portland. 773-8187.

Free Street Taverna
Open Mic with Diesel Love Truck, 128 Free St., Portland. 774-1114.

Old Port Tavern
DJ Sid Thorne, 11 Moulton St., Portland. 774-0444.

Zootz
Polyglot, Brother's Keeper, Tom Apart, Reason Enough and Inside Strike (4:30 pm/all-ages), 31 Forest Ave., Portland. 773-8187.

Free Street Taverna
Rubber Band Band, 128 Free St., Portland. 774-1114.

Gritty McDuff's
T.B.A., 396 Fore St., Portland. 772-2739.

Old Port Tavern
The Flying Padres, 11 Moulton St., Portland. 774-0444.

Raoul's
T.B.A., 865 Forest Ave., Portland. 773-6886.

Stone Coast Brewing Company
Sonic Joyride (alternative) and Puddles of Joy (alternative pop), 14 York St., Portland. 773-2337.

Zootz
Rec Room (open 8 pm-1 am), 31 Forest Ave., Portland. 773-8187.

Old Port Tavern
Laser Karaoke with Stormin' Norman, 11 Moulton St., Portland. 774-0444.

Stone Coast Brewing Company
Jazz Brunch with Lex & Joe, 14 York St., Portland. 773-2337.

The Undergound
Dancing with Jammie' Joe (karaoke in front lounge), 3 Spring St., Portland. 773-3315.

Wharf's End
Open Mic with Ken Grimsley, 52 Wharf St., Portland. 773-0093.

Zootz
All Request Night (dance until 3 am), 31 Forest Ave., Portland. 773-8187.

monday 6
The Big Easy
T.B.A. (blues), 416 Fore St., Portland. 780-1207.

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INTERESTING FACTS
by Frank Gaziano

Surprisingly, there are about 5 times more nations in the northern half of the world than in the southern half.

What's the largest country in Africa? Answer: Sudan

Who was the only U.S. President ever impeached? Answer: the 17th President, Andrew Johnson.

The Japanese don't call their country Japan. They call it Nippon.

The planet Mercury has the weirdest temperature in the solar system. Mercury is the closest planet to the sun, so its daytime temperatures reach 800 degrees above zero, but it has no atmosphere to hold the heat so nighttime temperatures fall to 300 below zero!

And here's another interesting fact... Did you know Anheuser-Busch quality beers are at their "freshness" peak when enjoyed within 110 days of the "born on" packaged date? The "Born On" packaged date appears on primary and secondary packaging of all Anheuser-Busch domestic beers - Budweiser, Michelob, Busch and Natural Light families.

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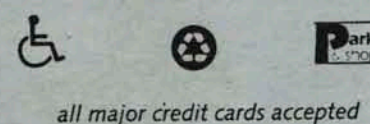
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G'VANNI'S ITALIAN BISTRO. An "Italian Bistro" in the heart of the Old Port. The focus is Italian, but you will find a wide variety of American entrees available. The wine list is accessible and well ordered. A perfect blend of casual dining and atmosphere awaits you at G'Vanni's. Serving Lunch & Dinner. Credit cards accepted. 37 Wharf St., Portland. 775-9061.

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BAR-B-QUE

NORM'S BAR BQ. "Portland's Best New Restaurant" featuring Norm's Wicked Good Sauce. Smoked Ribs, Fried Chicken, Black Bean Soup, BBQ Sandwiches, Caffeine and daily Tapas. Beer & Wine available. Lunch and Dinner Tues-Thurs 12:10, Fri & Sat 12:11, Sun 3-9. Closed Mondays. No Credit Cards. 43 Middle St., Portland. 207-774-6711.

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BELLA BELLA. Now open for lunch Tues-Fri 11:30am-2pm. Dinner Tues-Sun from 5pm. Now accepting dinner reservations. Specializing in foods from the countryside of Spain, Italy, Greece & Morocco. This month's menu features fall vegetable ragout & a traditional Spanish paella. Vegetarian dishes available for lunch & dinner. Visa, MC & checks accepted. Validated parking. Next to PMA. 606 Congress St. 780-1260/828-1550.

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LE BISTRO DU LAC. Frank & Jane Leconte invite you into their historic Raymond home for home cooking from the heart of France. Thursday nights Crêpe Menu, Sunday nights Roast Leg of Lamb. Serving dinner Thursdays through Sundays, 5-9pm. Reservations recommended. 207-655-4100. Visa, MC, AMEX. Corner of Rtes 302 & 85, Raymond.

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THE PORTHOLE RESTAURANT. Home of the \$3.95 All You Can Eat Fish Fry - located in the heart of Portland's working Waterfront, the Porthole offers no frills dining and good, honest food. Prices are geared for the working person - a refreshing change for ocean-side dining. Come experience a slice of genuine Maine, and get some pie while you're at it! Serving Breakfast, Lunch & Dinner - open 6am-9pm. 20 Custom House Wharf, Portland. 774-6652.

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GILBERT'S CHOWDER HOUSE. Friendly Downeast style dining. Seafood straight from Maine waters; Award Winning Chowder! Beer, wine & liquor. Check out our all you can eat Friday Fish Fry! All you can eat Shrimp Fry on Mon & Wed & 4-Close. All major credit cards accepted. 92 Commercial St., Portland. 871-5636.

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THE MUSEUM CAFE. At the Portland Museum of Art. Tasty lunch items, desserts, and pastries served in a distinctive setting. Specialty pies and desserts available for your holiday entertaining. Order today! Tues-Sat 11-4, Sun 12-4. Seven Congress Square. 775-6148.

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listings

Casco Bay Weekly listings are a fun and free service to our readers. To have a listing considered for publication, send complete information (including dates, times, costs, complete address, a contact telephone number) by noon on Thursday prior to publication.

stage

"Buried Child" Acorn Productions presents Sam Shepard's Pulitzer Prize-winning classic family drama. At Oak Street Theatre, 92 Oak St, Portland, Jan 9-26. Thurs-Sat 8 pm, Sun 5 pm. Tix: \$12 (Thurs is half price). 775-5103.

"Durang Durang" Dark Water Theatre Company presents Christopher Durang's silly, funny, over-the-top sketches. At the Danforth Gallery, 20-36 Danforth St, Portland, Jan 2-19. Thurs-Sat 8 pm, Sun 7 pm. Tix: \$13 (\$10 students/seniors). 892-3728.

"Lady Lily's Dilemma" The Embassy Players present the story of a former music hall star whose attempt to make a comeback throws her entire life into a tangle. At the Arts Conservatory Theatre and Studio, 341 Cumberland Ave, Portland, Jan 5-26. Tues-Fri 7:30 pm, Sat 5 & 9 pm, Sun 2 & 7:30 pm. Post-performance discussions: Jan 12, "When Your Dog Talks, Are You in Crisis?"; Jan 19, "Gurney Sniffs Out the Anguish in Middle Class America" with Martin Andrucci, professor of theater at Bates College; Jan 19, curtain call discussion with the cast. Tix: \$18-\$29 (discounts available). Jan 11 is pay-what-you-can-night. Jan 12 is community night — half price tickets are available to artists, educators and non-profit groups.

auditions/etc

Acting/playwriting workshop for kids The Children's Theatre of Maine in Portland presents its first acting/playwriting workshop for 7-11 year olds. Bring your own stories to life, create characters and improvise. Wednesdays Jan 8-March 26 from 3:30-5:30 pm. Location to be announced. Fee: \$85 (scholarships available). Limited enrollment. 874-0371.

Auditions The Children's Theatre of Maine holds auditions for its March production of Ray Bradbury's "Fahrenheit 451." Auditions will be held Jan 13 & 14 at Portland Players, 420 Cottage Rd, So. Portland, from 3:30-6 pm. 874-0371.

Auditions The Portland Community Chorus seeks new singers for its spring 1997 season. The chorus is especially interested in new tenors and basses. Experience is not necessary, but enjoyment of music is. Auditions are Jan 6-8. For more info, call 892-9437.

Auditions The Gorham Arts Boosters seek local people to sing, dance, do standup comedy, magic or juggle in its first annual "Gob Capers" Variety Show at the Gorham Recreation Winter Carnival Feb 9, 1997. Auditions will be held the week of Jan 5, 1997. For more info, call Marie South at 892-6284.

Auditions for "Mama" Jan 18 & 19. All-ages welcome to audition for this musical. At the Schoolhouse Arts Center at Sebago Lake, Route 114, Standish, from 1-4 pm. 780-5394.

Cathedral Chamber Singers A community choir based at St. Luke's Cathedral seeks new members. Auditions by appointment. 772-5434.

Oak Street Theatre School for the Performing Arts Winter semester offerings include "Acting For Ordinary People," classes for kids and teens, advanced level classes, professional workshops and facilitated professional actor "workouts." Registration is under way. Prices range from \$5-\$150. For more info and/or a registration form, call the Oak Street Theatre at 775-5103 (between 2-5 pm, Tues-Fri).

One-Page Playwriting Contest Portland Stage Intern Company's 1996-97 grassroots project invites people of all ages, locally and nationally to submit one-page plays. The contest winners' works will be presented at the Grassroots Project's production in April. For official entry rules, call Carin Heidelberg at 774-1043.

"Lettice and Lovage" Raffle Jan 31, 1997. Acorn Productions holds its second annual raffle for a walk-on role in an Oak Street Theatre Production. Twelve different winners will be drawn (one for each performance) for the role of an American tourist in "Lettice and Lovage" to be performed Feb 6-23, 1997. Tix: \$10 (3 for \$25). Tickets are on sale at Oak Street Theatre, 92 Oak St, Portland, 775-5103. **Reindeer Performing Arts For Kids** Offers workshops on singing, acting, movement, songwriting, story-telling, character and scene development for kids ages 5-13 on weekdays and weekends. At the Reindeer Room, 650 Forest Ave, Portland, 2nd floor. 874-9002.

concerts

Volunteers Needed Oak Street Theatre Company has volunteer opportunities in a variety of areas, from set construction and painting to poster distribution and front of house. Volunteers receive complementary tickets. For more info, call Michael Levine between 2-5 pm. 775-5103.

upcoming

Portland String Quartet Jan 9. PSQ plays a noonday concert presented by Portland Conservatory of Music. At First Parish Church, 425 Congress St, at 12:15. Free. 775-3356.

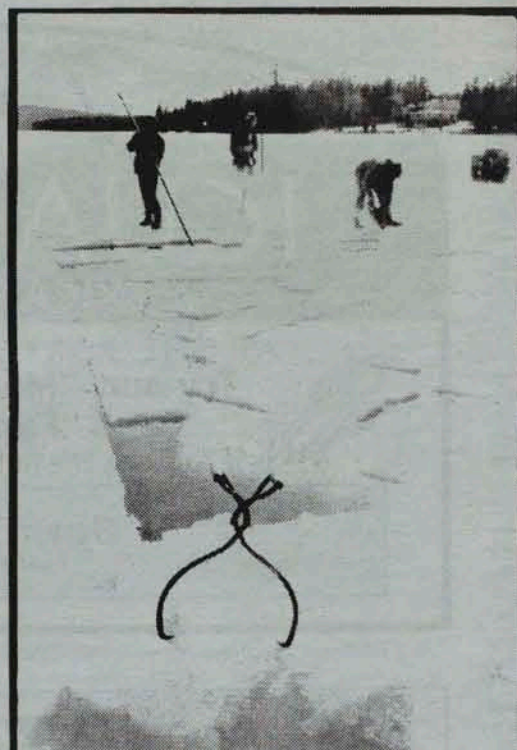
Oleg Koshchev & Tamara Poddubnaya Jan 10. Duo pianists and members of the faculty at the Rimsky-Korsakov Conservatory in St. Petersburg perform at the Portland Conservatory of Music, 44 Oak St, Portland at 8 pm. Cost: \$10 (\$6 students/seniors). 775-3356.

"French Impressions" Jan 14. The Portland Symphony Orchestra plays some of the most famous French musical masterpieces including Jean-Philippe Rameau's "Les Fêtes d'Hébé" and Claude Debussy's "La Mer." At the Civic Center, at 7:30 pm. Tix: \$15-\$35 (discounts available). Pre-concert lecture: Bowdoin College music professor and composer Elliott Schwartz and USM art professor Juris Ubans will give an informal lecture on "Impressionism in Music and Art" at 6:30 pm. 773-8191.

Rusted Root Jan 16. At the Portland Expo, at 7:30. Tix: \$19.50. 773-7940.

preview

Ice, ice, baby



Gin and tonics, anyone? Harvesting ice a decade ago on Piper Pond in Abbott. PHOTO/SCOTT PERRY

"Maine's Ice Industry" happens Jan. 5 at the Maine Audubon Society Gilsland Farm Environmental Center, 118 U.S. Route 1, Falmouth, at 1 p.m. Tix: \$4, \$3 members. 781-2330.

dance

events

Casco Bay Movers Classes in jazz, tap, street funk, ballet and dance. New classes begin Jan 6. A 10-week Pilates Mat course with Nancy Ethier begins Jan 8. A 4-week Argentine Tango class for beginners starts Jan 12. Jan 17: African Dance class with Lisa Newcomb and Jeff Densmore from 5:30-7 pm. At 151 St. John St, Portland. 871-1013. **Maine Swing Dance Society** presents a night of dancing the 1st Fri of every month. At Presumpscot Grange, outer Forest Ave across from Tortilla Flats, from 9 pm-midnight. Swing dance lesson at 8 pm. Next dance: Jan 3 with live music by The Pinetones. Cost: \$6. 828-1795.

others

Ballroom Dance Social The Gorham Dance Club hosts a ballroom party and social, Saturdays from 8-11 pm at the Center of Movement, 19 State St, Gorham. Potluck supper at 7 pm. Cost: \$5. 839-3267. **Centre of Movement** School of Performing Arts, 19 State St, Gorham. Offers dance classes and special events on a regular basis. 839-3267.

Contact Improvisation/Open Movement Dance Groups meet Mon, Tues and Wed from 8-11 pm. Cost: \$3-\$6. Contact classes meet on Tues from 8-10 pm. Cost \$4. At Ram Island Dance, 25A Forest Ave, Portland. All ages and abilities welcome. 775-4981.

Contradance with Crooked Stovepipe Band every third Fri at 8:30 pm at the Presumpscot Grange, 1844 Forest Ave, Portland (across from Tortilla Flat). All dances taught. Singles always welcome. Cost: \$5. 774-3392.

Contradance with The Sea Slugs the first Sat of each month at 7:30 pm at Saco River Grange Hall, Salmon Falls Road, Bar Mills. Cost: \$4 (\$2 kids/\$10 family max). 929-6472.

Contradance with Whirled Peas and John McIntyre the first Fri of every month at 8:30 pm at State Street Church, 159 State St, Portland. Cost: \$5. (All dances taught). 774-1873.

Dancing From the Inside Out is an ongoing class in expressive dance and creative movement. Come move in a safe supportive space. No experience

necessary, open to all. Sat 9-11 am, Wed 4-6 pm. At Maine Ballroom, 614 A Congress St, Portland. Cost: \$10. For more info, call Jesse Loesberg at 773-2362.

Eduardo Mariscal seeks volunteers to help back-stage, sell tickets and do publicity for upcoming performances. 879-0480.

Family Dance Chem-free and fun-filled dancing for the whole family and for singles the 5th Sat of the month. Bring your favorite music on tape or CD to guarantee a dance that will please you. At the Swedenborgian Church, 302 Stevens Ave, Portland, from 6-10 pm. Cost: \$5 (\$3 kids/\$10 family). 772-8277.

Maine Ballroom Dance Studio 614A Congress St, Portland, offers classes in swing, fox-trot, waltz and Latin dance, as well as a dance party every Saturday night, from 8 pm-midnight. 773-0002.

Maplewood Dance Center 383 Warren Ave, Portland, is open every night for dancing. Country dancing Thurs-Mon, swing dancing the third Tuesday of every month and ballroom dancing Wed. 878-0584.

Meditative Belly Dance Want to learn to shimmy and shake? Then take belly dancing classes with Josie at 25A Forest Ave, Portland, Wed 6:45-8 pm (any level) or Tues 6:30-8 pm (intermediate level, by invitation only). Workshops also available. For more information, call 828-6571 and ask for Josie.

New Dance Studio 61 Pleasant St, Portland, offers modern dance classes for adults and children (ages 4-17). Faculty includes Lisa Hicks, Gwyneth Jones, Daniel McCusker and Paul Sarvis. For a free brochure, call 780-0554.

Star of Sea Dance Kids learn the basics of tap, jazz and ballet, Wednesdays from 3:30-4:15 pm (4-6 years) and 6:15-7 pm at Riverton Community Center, 1600 Forest Ave, Portland. Cost: \$15 per month. Sponsored by Portland Parks and Recreation. 874-8455.

art

openings

Coffee By Design 620 Congress St, Portland. Opening reception for works by Portland artist and poet Woody Dana, Jan 15 from 5-8 pm. Shows Jan 5 through Feb 9. Holiday Show featuring artwork by Greg Day, Marilyn Blinkhorn, Brian Currier, Jill Monaghan and Chris Gerquest shows through Jan 4. Hours: Mon-Fri 7 am-8 pm, Sat 8 am-8 pm, Sun 8 am-7 pm. 772-5533.

Davidson & Daughters 148 High St, Portland. Opening reception for paintings by Elinor Pronti, Jan 11 from 3-6 pm. Shows Jan 5 through Jan 25. Hours: Thurs, Fri & Sat 11 am-6 pm. 780-0766.

USM Art Gallery 37 College Ave, Gorham. "Elements: Works in Ceramics," a show of work by Roy Guerrette, Heather Parker, Christina Oliver and Theresa Smith, shows Jan 7 through Jan 16. Closing reception Jan 16 from 4:30-7 pm. Hours: Tues-Sat 1-4 pm. 780-5409.

now showing

Agape Center 657 Congress St, Portland. "Papers of the Spirit," works by Richard Lee. Hours: Mon-Fri 10-2 pm and by appt. 780-1500.

African Imports and New England Arts 28 Milk St, Portland. "Hidden Treasures," traditional African arts, rare carvings and works by modern artists from Nigeria to New England, ongoing. Hours: 10:30 am-9 pm Mon-Sat, 12-6 pm Sun. 772-9505.

Arabica Coffee House 16 Free St, Portland. Paintings by teens from the Center for Teaching and Learning in Edgcomb shows through Jan 15. 879-0792.

Art & Artifacts Gallery Route 1, Freeport. Hours: Tues-Sun 10 am-6 pm. 865-1921.

Art Gallery at Six Deering Street 6 Deering St, Portland. Hours: Tues-Sat 11 am-5 pm. 772-9605.

Bowdoin College Museum of Art Walker Art Building, Brunswick. The museum is open to the public free of charge. Hours: Tues-Sat 10 am-5 pm, Mon-Sun 2-5 pm. 725-3275.

"Art & Life in the Ancient Mediterranean" An installation of Assyrian, Egyptian, Cypriot, Greek and Roman art, ongoing.

"Crosscurrents 1996" Art from Africa, Asia and the Americas, as well as contemporary objects from the permanent collection, ongoing.

Center for Maine History presents a three-part exhibition on the history of Maine Native American carving and basket making. "Growth Rings: 200 Years of Basketry, Carving and Wabanaki Enterprise," "Trees and Tradition: Brown Ash and Maine Native American Basketmaking" and "Spirits in the Wood: Penobscot and Passamaquoddy Root Clubs." 489 Congress St, Portland. 879-0427.

Connections 56 Main St, Brunswick. "Small Paintings & Art Gifts," a holiday show featuring 46 artists and craftspeople shows through Jan 25. Hours: Mon-Thurs 10 am-5 pm, Fri 10 am-8 pm, Sat 10 am-5 pm. 725-1399.

CONTINUED ON PAGE 28

Sportland D. BARRY MOTHE

Saving the preacher's pond

I'm going to go way out on a limb and say skating conditions at Deering Oaks will be lousy again this winter.

This is more than just a pre-season hunch. The other day, sitting skateless through the mildest pre-Christmas season I can ever remember, I called the Maine Film Commission hotline. The hotline lets you know about the latest film and television productions going on in Maine. I'm sorry to say the only current production is in Rangeley, which is a long way from Deering Oaks.

I was hoping that another Hollywood director was eyeing Deering Oaks this winter for a skating scene. That way, the city could fall all over itself early in the winter with scores of usually unavailable workers to scrape, shovel, plow and flood our picturesque inner-city skating pond to mirror-like perfection, like it tried to late last winter for Penny Marshall, Denzel Washington, Whitney Houston and the crew of "The Preacher's Wife."

Unfortunately for Penny, Denzel and Whitney, an early March thaw and several days of steady rain turned the park into a misty brown and gray bog. Pure justice? Maybe. But the length to which the city and others went to perfect the ice was a lingering insult to anyone who has enjoyed a day of good skating at Deering Oaks, and wished it were better maintained day-to-day throughout the winter.

This is my ninth winter here in Portland, and I'm constantly amazed and pissed off by the city's apathy towards maintaining and grooming the Deering Oaks skating pond. A city official was quoted in this publication recently, saying in essence that the Deering Oaks skating pond is always a number one priority for city work crews and that the people who skate there wouldn't stand for anything less. Where's this guy been?

My favorite anecdote of neglect was last year's Christmas vacation. Every day I drove by Deering Oaks expecting to see young children and adults out enjoying the fresh air, gliding across the ice on new skates, maybe sipping hot chocolate and munching on French fries. Every day I discovered the pond still hadn't been cleared — you may remember we had several snowstorms before Christmas last year. There it was, a pretty, inner-city parkland space for exercise and socializing, sitting under a foot or more of crusty-over snow during the time of year when people — especially children on vacation — would be most likely to use it.

Deering Oaks pond and the handsome little stone and brick base building — now home to The Barking Squirrel café — should be the city's quintessential outdoor winter recreational/social spot. And yet skating conditions are in jeopardy after the first snow. There seems to be no consistent, genuine commitment to keeping it clear and flooded. Snowfalls are routinely left to sit and freeze and crust for a few days, dooming the chance for smooth, well-groomed ice. Homebound skaters are left to wait for a divine cycle of thaw and arctic cold snap.

Surrounding cities and towns half the size of Portland or smaller — South Portland and Yarmouth, to name two — proudly and enthusiastically maintain wonderful in-town skating areas all winter. It's an embarrassment that Portland doesn't do the same, especially with a resource like Deering Oaks, one of the finest inner-city parks in northern New England.

City leaders love to talk about revitalizing downtown commerce and life. They establish committees and commission studies and surveys. They think up funky sounding names for neighborhoods that no one remembers. They wring their hands over ways to bring people downtown, to have them enjoy the variety, the ambiance, the color, even the craziness, of city life. And yet a true civic possibility like the skating pond at Deering Oaks — from which the lighted spire of City Hall can be seen — sits uncleared for days and weeks all winter, unavailable.

I'd love to be proven wrong about all this. Maybe there will be a renewed commitment to making Deering Oaks a great place to skate this winter. The Barking Squirrel has a tasty, affordable menu and a cozy dining room with a large, crackling fireplace and windows overlooking the lower part of the pond. It also rents figure and hockey skates for \$3 an hour. You couldn't ask for a much better setup. But I'm betting on another year of ruts, cracks and lame excuses.

J. Barry Mothes is a writer living in Portland.

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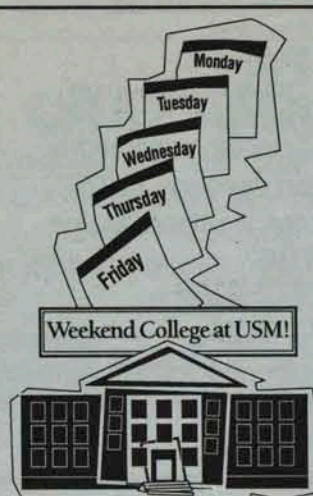
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CONTINUED FROM PAGE 26

Danforth Gallery 34 Danforth St., Portland. Hours: Wed, Fri, Sat 11 am-5 pm, Thurs 11 am-8 pm, Sun noon-5 pm. 775-6245.

Deilah Pottery 132 Spring St., Portland. Hours: Mon-Fri 11 am-6 pm, Sat noon-4 pm. 871-1594.

Falmouth Memorial Library 5 Lunt Rd., Falmouth. Work by the students of Sarah Knech shows through Jan 6. Hours: Tues & Thurs 9:30 am-8 pm, Wed, Fri & Sat 9:30 am-5 pm. 781-2351.

Fibula Gallery 50 Exchange St., Portland. Hours: Mon-Sat 10 am-6 pm, Sun 1-5 pm. 761-4432.

Foghorn Gallery 4 Clinton St., Portland. International folk art, Oaxacan wood carvings, black pottery and crafts of indigenous peoples. By appointment. 781-2563.

Foreside Cafe 201 U.S. Route 1, Falmouth. Paintings by Kate Merrick. Ongoing. Hours: Sun-Thurs 7 am-3 pm, Fri-Sat 7 am-7 pm. 781-4931.

Free Street Taverna 128 Free St., Portland. Paintings by Maya Amrich and prints by Aaron Saucier, Vanessa Wylie and Steve Manopoulos shows through Jan. Mixed media Greek collages by Richard Lee. Ongoing. Hours: Mon 11 am-4 pm, Tues-Sat 11 am-10 pm. 774-1114.

Free Gully Gallery 411 Congress St., Portland. Hours: Mon-Fri noon-6 pm. 773-2555.

Gallery Music 21 Forest Ave., Portland. "Trees, Rocks, Water," paintings and works on paper by Lavender. Hours: Mon-Sat 9:30 am-5 pm. 775-1304.

Gallery 7 164 Middle St., Portland. Hours: Mon-Sat 11 am-6 pm, open Fri until 8 pm. 761-7007.

Greenhut Gallery 146 Middle St., Portland. Hours: Mon-Fri 10 am-5:30 pm, Sat 10 am-5 pm. 772-2693.

Hole in the Wall Studioworks 1544 Roosevelt Trail, Raymond. "Art For the Holidays," a group show and sale of work by gallery artists, shows through Jan 30. Hours: 9:30 am-5:30 pm daily (closed Tues). 655-4952.

Icon 19 Mason St., Brunswick. Photographs by Paul D'Amato, Jocelyn Lee, Rose Marasco and Richard Renner show through Jan 15. Hours: Mon-Fri 1-5 pm, Sat 1-4 pm. 725-8157.

Jameson Gallery 217 Commercial St., Portland. Hours: Mon-Sat 10 am-5:30 pm. 772-5522.

Java Joe's 13 Exchange St., Portland. Work by Lori Austill shows through mid-Jan. Hours: Mon-Thurs 7:30 am-11 pm, Fri 7:30 am-midnight, Sat 9 am-midnight, Sun 9 am-10 pm. 761-5637.

The Jones Museum of Glass and Ceramics Douglas Hill, Sebago. Cost: \$25. Reservations suggested. Hours: Mon-Sat 10 am-5 pm, Sun 1-5 pm. Cost: \$5 (\$3 students). 787-3370.

June Fitzpatrick Gallery 112 High St., Portland. Hours: Tues-Sat noon-5 pm, Thurs noon-8 pm. 772-1361.

June Fitzpatrick Gallery, Downtown 20-30 Danforth St. #304, Portland. Hours: Tues-Sat 3-9 pm and by appointment. 772-3182.

Kaleidoscope Gallery Route 25, Gorham. Fine art, pottery, sculpture, jewelry and crafts by local artists. Hours: Mon-Fri 10 am-5 pm, Sat 10 am-4 pm. 839-6926.

Lakes Gallery & Sculpture Garden Rt. 302, South Casco. Hours: 10 am-5 pm daily. 655-5066.

L. Murray Jamison Photography 22 Monument Sq., #604, Portland. Hours: by appointment only. 871-8244.

Maine Cottage Furniture Lower Falls Landing, Yarmouth. "From Where We Came," gouache paintings by Laurie Parlee Hadlock, shows through Jan 10. 865-6675.

Maine Potters Market 376 Fore St., Portland. Hours: 10 am-6 pm daily. 774-1633.

Margarita's Restaurant 242 St. John St., Portland. Original watercolors by Bonnie Brown. Ongoing. Hours: 4-11 pm daily. 874-6444.

Meander Gallery 40 Pleasant St., Portland. Hours: Tues-Sat 12-6 pm. 871-1078.

Nancy Margolis Gallery 367 Fore St., Portland. Hours: Mon-Wed 10 am-6 pm, Thurs 10 am-8 pm, Fri-Sat 10 am-9 pm and Sun 11 am-6 pm. 775-3822.

O'Farrell Gallery 58 Maine St., Brunswick. Hours: Mon-Sat 10 am-5 pm. 729-8228.

"The Paintings of Eric Hopkins" By appointment only, call 871-7916.

Perfetto's Restaurant 28 Exchange St., Portland. "Almost Edible," paintings by Kate Merrick, ongoing. Hours: Mon-Sun 11 am-11 pm. 828-0001.

Pine Tree Shop and Bayview Gallery 75 Market St., Portland. Hours: Mon-Tues 9:30 am-5:30 pm, Wed-Sat 9:30 am-8 pm, Sun 1-5 pm. 773-3007.

Portland Museum of Art 7 Congress Sq., Portland. Hours: Tues, Wed, Sat 10 am-5 pm, Thurs-Fri 10 am-9 pm, Sun noon-5 pm. Admission: \$6 adults, \$5 students/seniors, \$1 youth 6-12 years. Museum admission is free 5-9 pm every Friday evening. The last Thursday of every month seniors only pay \$3. 775-6148 or 1-800-639-4067.

The Scott M. Black Collection A sampling from Scott Black's 19th- and 20th-century paintings and sculptures.

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*** "Phillippe Halsman: A Gallery of Stars"** Documenting twenty years of Halsman's ability to capture "star quality" of some of America's favorite entertainers. Featuring Lucille Ball, Milton Berle and Dinah Shore. Ongoing.

*** "Elizabeth B. Noyce Collection,"** including works by Fitz Hugh Lane, Albert Bierstadt, Child Hassam, George Bellows, Rockwell Kent and Andrew Wyeth from the recently deceased philanthropist's bequest to the museum. Ongoing.

*** "Dale Chihuly: Seaforms"** Glass works by one of the best-known contemporary glass artists in the U.S. Shows through Jan 12.

*** "Will Faller: The Faces of AIDS"** In observance of World AIDS Day, PMA presents an exhibition of portraits by Will Faller of residents of "Magic Valley," a community on the Mexican-American border and home to more than 700,000 of America's poorest citizens. Shows through Jan 5.

Portland Pottery 118 Washington Ave., Portland. Ongoing show of unique and functional ceramics and jewelry by Lisa Bonarigo, teachers and students. Hours: Mon-Fri 9-6 pm. 772-4334.

Portland Public Library 5 Monument Square, Portland. "Photopositives Too — A Visual Journey While Living With AIDS," photographs by Tom Antonik, shows through Jan 31. Hours: Mon, Wed, Fri 9 am-6 pm, Tues & Thurs 12-9 pm, Sat 9 am-5 pm. 871-1700.

Renaissance Antiques 221 Commercial St., Portland. Ongoing show of works by John Dehlinger, Wilder Oaks, Terry Wolf and other Maine artists. Hours: 10 am-7 pm daily. 879-0789.

Salt Gallery Salt Center for Documentary Field Studies, 17 Pine St., Portland. Student work from the 1996 fall term shows through Feb 22. Hours: Wed & Fri 2-6 pm, Sat 10 am-4 pm. 761-0660.

Sawyer Street Studios 131 Sawyer St., Portland. Hours: Sat 10 am-4 pm, Sun noon-4 pm, and by appointment. 767-7113.

The Spring Point Museum at Southern Maine Technical College, Fort Rd., So. Portland. "Portland Harbor, 1865-1900: Making a Living in Stormy Times." Ongoing. Hours: Wed-Sun 10 am-4 pm. Admission: \$2 (kids free). 799-6337.

Thos. Moser Cabinetmakers 415 Cumberland Ave., Portland. Hours: Mon-Sat 9 am-5 pm. 774-3791.

The Underground Gallery at the Casco Bay Country Store 185 Park Row, Brunswick. Work by Mill Chapell. Ongoing. 725-3907.

University of Maine Portland Centre 533 Congress St., Portland. Paintings and drawings by U Maine Faculty Emeritus, Vincent Hartgen, show through Jan 17. Hours: Mon-Fri 9 am-5 pm. 828-2327.

USM Osher Map Library 314 Forest Ave., Portland. "The Cartographic Creation of New England" shows through April 27. Hours: Wed 1-4:30 pm and 6-8 pm, Thurs & Sat from 9 am-12:30 pm. 780-4850.

Walter's Cafe 15 Exchange St., Portland. Oil paintings by Brian Currier. Ongoing. 871-9258.

The Whimsical World of David Cedrone 150 High St., Portland. 761-2808.

Will's Restaurant 78 Island Ave., Peak's Island. Paintings by Lenny Hutch. Ongoing. 766-3322.

events

Portland Pirates Games Jan 4: against St. Johns at 2 pm. Jan 5: against St. Johns at 5 pm. At the Civic Center, Portland. Tix: \$8-\$13 (\$5-\$6.50 kids/seniors). 775-3458.

1997 Winter Tour of World Figure Skating Champions Jan 3. A live two-hour exhibition featuring Olympic gold medalists Brian Bottano, Dorothy Hamill and pair skaters Tai Babilonia and Randy Gardner. At the Civic Center, Portland, at 8 pm. Tix: \$38. 775-3458.

smarts

events

Booksigning and Discussion Jan 11. Debra Waterhouse will discuss and sign copies of her new book "Like Mother, Like Daughter," at Greater Bookland Mall Plaza, 220 Maine Mall Rd., So. Portland, from 2-3 pm. Free. 874-2300.

CONTINUED ON PAGE 31

Congress Street Minutes

Carmageddon

I'm about the only person I know who has never owned a car. For years it wasn't by choice, but because I couldn't afford one. I enjoyed road trips, though, and often fantasized about the kind of "On The Road" experiences that have made the automobile synonymous with the American Dream.

My feelings have changed, though, and these days I'm constantly amazed by the careless, aggressive and downright rude attitudes of drivers. Going anywhere in a car seems like one big nerve-wracking hassle. My significant other's term for the way things are is "Carmageddon," a neologism that conjures up a futuristic, traffic-jammed chaos of perpetual greenhouse-effect rain and pollutants straight out of "Bladerunner." The names of cars make the situation feel bleaker, with their unintentionally ironic monikers: Pontiac, Jaguar, Imperial, Impala, Malibu, Mustang, Grand Prix, Caprice.

For a while I even developed a phobia about riding in cars, though my S.O. reassured me I was having a perfectly sensible reaction to the reality of hurtling through space at 60 miles per hour at the mercy of a ton of steel. Unfortunately, the Metro bus system, with its Byzantine schedules, just doesn't cut it. So I walk. People with cars are always amazed at the distances I walk, though in reality they aren't that great.

Cars have become one of the major stresses in our lives, even here in bucolic Portland. If you own one you have to worry about parking it, inspecting it, maintaining it, insuring it and driving it in all kinds of scary weather, with all kinds of oddballs competing for the right-of-way. If you don't own one, you have to worry about being run down by one. Sure, there are people who aristocratically wave pedestrians

An October 1995, survey conducted by the Portland Area Comprehensive Transportation Committee revealed that people who live in the Greater Portland area drive 3 million miles a day, only 19 percent of which are work-related. About 53 percent of the non-work related trips took 10 minutes or less.

According to the Index in the January issue of *Harper's*, the U.S. spends \$180,429,842 per day on road construction and maintenance. An October 1995, survey conducted by the Portland Area Comprehensive Transportation Committee revealed that people who live in the Greater Portland area drive 3 million miles a day, only 19 percent of which are work-related. About 53 percent of the non-work related trips took 10 minutes or less.

Wider turnpikes and better roads are seen as keys to increasing highway safety in Maine, as well as means of stimulating economic development and tourism, despite the fact that we have barely begun to comply with clean air mandates set by the federal government.

In Hermann Hesse's novel "Steppenwolf," a passage called the "Great Automobile Hunt" describes a futuristic society engaged in a murderous, anarchic battle in which drivers and passengers gang up against each other, with the lines between them very blurry indeed. "Motor-cars, some of them armored, were run through the streets chasing the pedestrians," confides the narrator. "They ran them down and either left them mangled on the ground or crushed them to death against the walls of the houses. I saw at once that it was the long-prepared, long-awaited and long-feared war between men and machines, now at last broken out... a war in which everyone who lacked air to breathe and no longer found life exactly pleasing gave emphatic expression to his displeasure and strove to prepare the way for a general destruction of this iron-cast civilization of ours."

Cars, it seems, have become physical extensions of their drivers, imbued with their personalities. We as a society have been had, and we barely even realize it.

Annie Seikonia is a Portland writer with a valid poetic license.

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CONTINUED FROM PAGE 28

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The Children's Museum of Maine is looking for people who love to teach and are interested in presenting the Camera Obscura show to the public. Come and show people how Portland can be seen live on a tabletop. If interested, call Sara Brobst at 828-1234, ext 227.

Costs For Kids Donate your outgrown and unused coats. Drop off boxes at Shaw's Supermarkets. Pratt Abbott Cleaners will clean the coats. Sponsored by the Salvation Army. 774-6304.

Maine AIDS Hotline A training for those interested in volunteering will be held at The AIDS Project, Jan 11 from 9 am-4 pm. For more info or to register, contact Douglas Eaton at 774-6877.

UNICEF Contributions United Nations Children's Fund is launching a worldwide drive to raise \$14.5 million for humanitarian assistance for the Great Lakes region of Africa which includes Zaire, Rwanda, Burundi and Tanzania. UNICEF estimates that 750,000 people will require aid during the next few weeks. Contributions may be sent to: UNICEF-New England, 1330 Beacon St., Suite 335, Brookline, MA 02146, or by telephone 617-277-3334.

outdoors

Adult Hockey Portland Ice Arena offers hockey for adults Fri from 1:30-2:30 pm. Helmets and face-masks required. At 225 Park Ave., Portland. Cost: \$4. 774-8553.

Appalachian Mountain Club Features a variety of trips, workshops and facilities. 799-5312.

Casco Bay Bike Club offers many local weekday, evening and weekend rides. For everyone from beginners to the seasoned rider. Meets the third Tues of each month at the Dana Center at Maine Med. Trip hotline: 828-0918.

Free Camp for the Blind Blind residents of Maine are encouraged to attend the National Camp for Blind Children program at Camp Lawerford, Weld. Contact Camps for Blind Children, 743-0818.

H2Outfitters Offering indoor pool instruction for paddlers of all skill levels and ages. Paddling series, open pool/rolling clinics. Kayak polo. Cost varies. 833-5257.

Ice Skating Portland Ice Arena offers public skating Mon, Tues, Wed and Fri from 11:45 am-1:15 pm and Sun from 3-4:30 pm. At 225 Park Ave., Portland. Cost: \$4 (\$2 youth/seniors). Rental skates: \$1. 774-8553.

Learn to Ski and Snowboard Portland Parks and Recreation offers ski and snowboard lessons for youth and teens, recreational skiing for youths and a race/bumps program for advanced skiers. Programs include bus transportation. Cost: \$15-\$182. For more info or to register, contact Ted Musgrave at 874-8793.

Maine Accessible Adventures is an adventure group for people with and without disabilities. Activities include kayaking, canoeing, archery, rock climbing, downhill skiing and horseback riding. Most events require advance registration. Membership: \$15/year (\$35/year family). 871-2993.

Maine Audubon Society Gileland Farm Environmental Center 118 U.S. Route 1, Falmouth, Jan 5: "Maine's Ice Industry" at 1 pm, Jan 11: "The Owls of Winter" from 11 am-12:30 pm. "Buzzing Bees" stories and activities for preschool-aged kids, followed by a snack, Weds 10-11:30 am. Cost: \$5 (\$4 members) \$3 each additional child (\$2 members). Volunteer rally 2nd Thurs of each month from noon-1 pm. Reservations required. 781-2330.

Maine Frontrunners is a gay and lesbian running club that sponsors a weekly run in Portland, Sat at 9 am, at the beginning of the Back Cove Walkway. For more info, call 761-2059.

Maine Outdoor Adventure Club meetings are the first Wed of every month at 7 pm at the Unitarian Church, 524 Allen Ave., Portland. Jan 8: slide presentation of trips followed by trip planning for Soviet Union and Australia. MOAC offers hiking, canoeing, backpacking, mountain biking, whitewater rafting, camping and other trips for people of all skill levels. Upcoming: Jan 12, Snowshoe trip to Evans Notch; Jan 18-21, snowshoe, backpack and camp. For updated trip info, call hotline at 828-0918.

Moxie Outdoor Adventures offers rafting trips in Maine. Discounts to Maine residents. Call for a free brochure, 1-800-866-6943.

Norumbega Outfitters 58 Fore St, Bldg 11, Portland, offers a variety of paddling and snow shoeing opportunities for people of all skill levels. 773-0910.

etc events

Holiday Special Open Swims The YWCA offers open swims through Jan 3, from 9-10 am, 11 am-noon and 4-5 pm. Cost: \$2 (\$1.50 members). 874-1130.

New Beginnings Luncheon Jan 8. The Greater Portland Christian Women's Club invites newcomers to a luncheon with music by Mary Towle and thoughts on new beginnings from Marjorie Davis. At Keeley's Banquet Center, 178 Warren Ave., Portland, from 11:30 am-1:30 pm. Cost: \$8. Free nursery provided (with reservations). 797-3968.

New Year Antiques Show Jan 4. At Westbrook College Gymnasium, 715 Stevens Ave., Portland from 10 am-4 pm. Admission: \$2.50. 582-2849.

Nominations for Maine Women's Hall of Fame The Maine Federation of Business and Professional Women's Clubs seeks nominations for the eighth annual Maine Women's Hall of Fame. Each candidate must have achievements that have had a significant statewide impact, improved the lives of women in Maine and made contributions that have enduring value to women. To obtain a nomination form, contact Sally Ann Parks, Skowhegan Rd., P.O. Box 84, Hinkley, ME 04944. Deadline for nominations: Jan 25, 1997. 667-2134.

Public Breakfast Jan 4. At Tuttle Road United Methodist Church, Tuttle Rd., Cumberland, from 7:30-9:30 pm. Cost: \$3.30 (\$1.75 kids). 829-3766.

Southworth Planetarium Jan 3: "Through the Eyes of Hubble" astronomy show at 7 pm, "Think Pink!" Pink Floyd Laser Show at 8:30 pm. Jan 4: "The Little Star That Could" children's astronomy show at 3 pm, "Tour of the Solar System" astronomy show at 7 pm, "Think Pink!" Pink Floyd Laser Show at 8:30 pm. Jan 5: "Mr. Man in the Moon" children's astronomy show at 3 pm. At 96 Falmouth St., Portland. Cost: \$4 (\$3 kids). Sat & Sun matinee: \$3. 780-4249.

Speakout Engagement Calendar The 1997 engagement calendar with local photographers documenting Maine Lesbian/Gay culture is on sale as a fundraiser for the Maine Speakout project. Send check or money order to Maine Speakout Project, 123 Congress St #1, Portland, ME 04101. Speakout is an educational project dealing with homophobia. For more info, call 879-0480.

Abuse in Intimate Relationships A support group for women who have previously or are presently experiencing abuse in their intimate relationships. Free and confidential, childcare provided. 874-1973.

Accent Reduction Class for speakers of English as a second language, as well as classes for neutralizing Maine and regional accents, with Jean Armstrong, certified speech and language pathologist. 879-1886.

The Alliance for Transportation Choice a group dedicated to creating a transportation system that improves the quality of life, protects the environment and promotes economic vitality. For info on next meeting, write to: P.O. Box 10625, Portland ME 04104 or call 871-9228.

The American Singers Golf Association is forming a Portland chapter. If you would like to help organize or join, call 1-800-599-2815.

Archangel Exchange for High School Students The Archangel Committee announces its final high school exchange project sponsored by the U.S. Information Agency. The program takes high schoolers to Greater Portland's sister city, Archangel, Russia, for a month of living, learning and traveling March 21 through April 25, 1997. Cost: \$900. Interested students and their families should contact Jennifer Keller at 772-5665 or Don Hutchins at 772-0129.

Authentic Movement Group For Men A group for men who wish to "explore who we are beneath our roles and conditioning," meets the third Thurs of each month from 6:30-9 pm, at Williston West Church, 32 Thomas St., Portland. Facilitated by Jim Davidson. 879-1341.

Bisexual Discussion and Support Group Meets the first and third Wed of each month at Payson Smith Hall, room 1, USM Campus, Portland, from 7:30-9 pm. Students and non-students welcome. For more info, call 780-5737 or email: sholmes@maine.maine.edu.

Casco Bay Culinary Association meets the second Mon of each month. 799-2234 or 774-4308.

Center For Maine History 489 Congress St., Portland. Hours: Wed-Sat noon-4 pm. Cost: \$2 (\$1 kids). 879-0427.

Circle of Hope Metropolitan Community Church of Portland, a Christian group that claims a primary ministry with gay and lesbian people and strives to be inclusive of all, meets Sat at 4 pm at 156 High St., Portland. 775-6684.

COPE Support group for divorcing fathers — explore alternatives to the current divorce process. 874-7448.

Coping With Caregiving A support group for people providing care to chronically/terminally ill or disabled persons meets the 2nd and 4th Fridays of each month at noon, at Mersey Hospital, 144 State St., Portland. 879-3486. CWW



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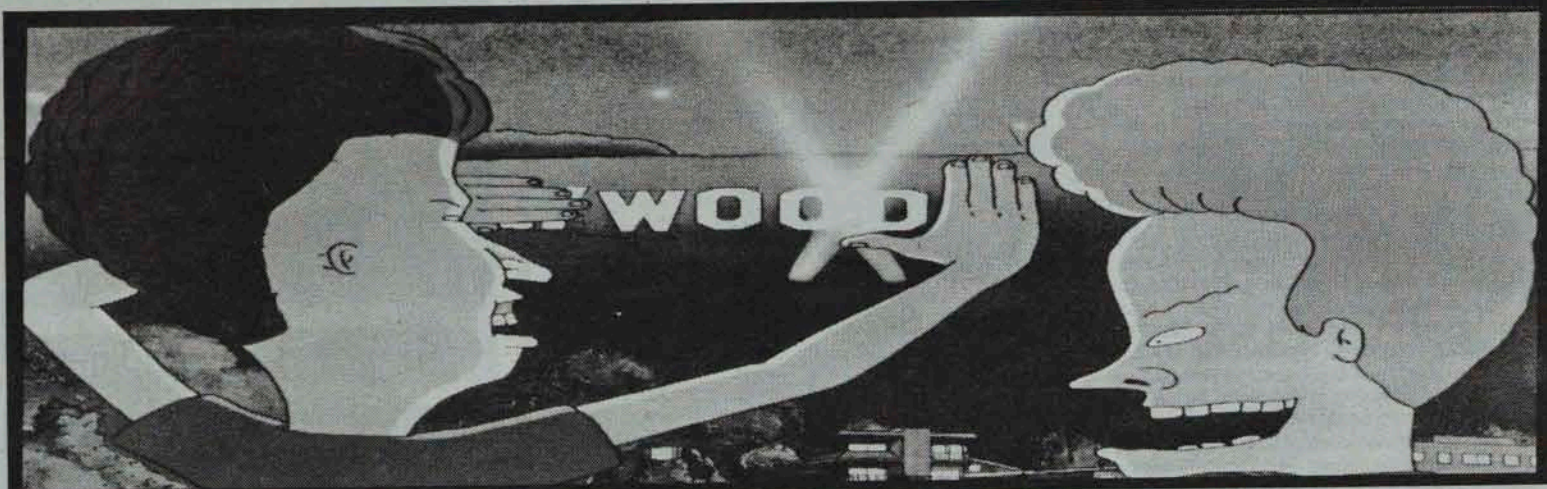
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movies



Boys sit around and watch TV. Boys lose TV. Boys search for TV, and get caught up in a cross-country adventure involving pirated biological weapons, double-crosses, senior citizen bus tours and all manner of mayhem. And then there's all the energy expended trying to score with chicks.

Welcome to the strange, monosyllabic world of "Beavis and Butt-head Do America," the feature-length movie debut of those

Review

"BEAVIS AND BUTT-HEAD DO AMERICA," directed by Mike Judge. At Flagship Cinemas, Falmouth, 781-5616, and General Cinemas, Maine Mall, So. Portland, 774-1022.

teenaged, potty-mouthed, cartoon morons from MTV who never met a bodily function they didn't like. Yes, it's just as stupid as you think it is; most of the humor is profoundly stunted and scatological, and after an hour or so you may experience the vague sensation that your brain is turning to

paste. But "Do America" is also packed with funny moments — including the "Shaft"-style opening credits — most of which feature Beavis and Butt-head blithely wandering from one misadventure to the next, oblivious to the chaos they spawn around

them. Stupid is as stupid does, after all. Things get rolling when a low-life named Muddy, impaired by rot-gut, mistakes the boys for hit-men, offering them \$10,000 to "do" his wife in Las Vegas. Jumping at the chance to "do" anything with a pulse, the boys head to the strip, where the plot, such as it is, thickens. They're chased for much of the movie by ATF agent Flemming (voice, memorably, by Robert Stack), a gung-ho law-&-order man with a penchant for ordering deep body cavity searches. Along the way, the kids offer a wide assortment of wiseass remarks, take confessions in a New Mexico church and destroy Hoover Dam. Beavis experiences a wild peyote trip (the resulting animation looks like a Dr. Seuss story in need of an exorcism), while Butt-head has the honor of getting punched out by Chelsea Clinton. All in a day's work.

And, occasionally, from the mouths of morons, wisdom. Wandering lost in the desert, their quest apparently about to end in slow, excruciating death, Butt-head mutters, "Boy, it sure is hard to score." True enough.

SCOTT SUTHERLAND

now playing

BEAVIS AND BUTT-HEAD DO AMERICA As you might expect, it's long on potty talk and exceedingly stupid humor — and therein lies the fun. This feature-length movie debut of MTV's moronic miscreants is a bit tedious in the final minutes, but for the most part it's a fun, warped romp. Beavis in particular turns in an Oscar-caliber performance. Reviewed this issue.

THE CRUCIBLE Winona Ryder and Daniel Day Lewis star in the film adaptation of Arthur Miller's shocking play about a Puritan New England town that goes on a witch hunt.

DAYLIGHT A bunch of caffeine-charged New York City commuters become trapped in a Hudson River tunnel. Lucky for them, Sylvester Stallone is there, and he brought his flashlight.

THE ENGLISH PATIENT Based on Michael Ondaatje's acclaimed novel, the film traces two love stories, one in late-'30s Cairo between a count (Ralph Fiennes) and a British aristocrat's wife (Kristin Scott Thomas), the other in mid-'40s Italy between a Canadian nurse (Juliette Binoche) and an Indian minesweeper (Naveen Andrews).

THE EVENING STAR Fifteen years later, "Star" picks up where '80s tear-jerker "Terms of Endearment" left off. Shirley MacLaine returns as sassy Southern belle Aurora Greenaway, who took on the task of raising her deceased daughter's three children and is living to see the disappointing results. Jack Nicholson adds his panache to the mix.

GHOSTS OF MISSISSIPPI Rob Reiner tackles the true story of NAACP activist Medgar Evers' assassination and the trial of Byron De La Beckwith (James Woods). Alec Baldwin stars as the crackjack D.A. who resurrects the case 30 years after the fact.

JERRY MAGUIRE Writer-director Cameron Crowe offers us the story of a 30-something sports agent (Tom Cruise) who gets his butt fired for taking the moral high ground, but who manages to find his way to the top nonetheless.

MARS ATTACKS! Tim Burton ("A Nightmare Before Christmas") has concocted a spoofy, twisted, sci-fi comedy to temper the seriousness of last summer's "ID4" alien invasion. Jack Nicholson divides his talents as both the commander-in-chief and the Las Vegas real-estate hustler. Also starring Glenn Close, Michael J. Fox, Annette Bening, Sarah Jessica Parker and Martin Short.

MICHAEL John Travolta plays another "touched" individual in this feel-good story about an everyday angel. William Hurt is the tabloid reporter who wants the real scoop.

ONE FINE DAY Michelle Pfeiffer and George Clooney play two super-hot workaholic single parents who meet through their super-cute kids. Though they find each other impossibly obnoxious at first meeting, it's not long before the chemistry kicks in.

101 DALMATIANS Glenn Close no doubt draws on her previous evil-wench roles to bring to life the queen of mean, Cruella De Vil, in this live-action remake of the classic children's tale.

THE PREACHER'S WIFE Whitney Houston leads the choir at a flourishing church where her husband (Courtney B. Vance) is, you guessed it, the preacher. The couple is visited by a dapper angel (Denzel Washington), who helps fill the pews. Includes ice-skating scenes filmed in Deering Oaks.

RENDEZVOUS IN PARIS Sometimes the love you find isn't what you were looking for. The three vignettes that comprise Eric Rohmer's new film dwell mostly on attraction and the nuances and rituals of courting. Time called it "the perfect gift for lovers of film, Paris and of love."

SECRETS & LIES The latest offering from English director Mike Leigh ("Naked") weaves together stories that examine the thorny triad of race, class and family.

SMALL WONDERS A documentary about an inspirational Harlem music teacher and the headstrong students who didn't give up when their budget was cut.

STAR TREK: FIRST CONTACT In this latest installment, bald and beautiful Captain Jean-Luc Picard (Patrick Stewart) leads the "Next Generation" crew's fight to save the Enterprise from the evil, heartless Borg Queen (Alicia Krige).

SWINGERS The saga of two unemployed show biz types, played by Jon Favreau (who also wrote the script) and Vince Vaughn, who want nothing more than to throw back a few cocktails and maybe score the phone numbers of a local honey or two. Praised for its dialogue-heavy plot, "Swingers" has all the cool chattiness of "Pulp Fiction," only without all the weird violence.

times

SCHEDULE EFFECTIVE FRIDAY THROUGH THURSDAY, JAN 3-9, UNLESS OTHERWISE NOTED. OWING TO SCHEDULING CHANGES AFTER CBW GOES TO PRESS, MOVIEGOERS ARE ADVISED TO CONFIRM TIMES WITH THEATERS.

NICKELODEON, TEMPLE AND MIDDLE STREETS, PORTLAND. 772-9751.
TIMES WERE NOT AVAILABLE WHEN CBW WENT TO PRESS

GENERAL CINEMAS, MAINE MALL, MAINE MALL ROAD, SO. PORTLAND. 774-1022.
THE CRUCIBLE (PG-13)
1:45, 4:25, 7:15, 9:50
GHOSTS OF MISSISSIPPI (PG-13)
1, 3:55, 7, 9:40
BEAVIS AND BUTT-HEAD DO AMERICA (PG-13)

1:15, 3:15, 5:15, 7:20, 9:20
MY FELLOW AMERICANS (PG-13)
1:45, 4:05
ONE FINE DAY (PG)
1:40, 4:15, 7:10, 9:35
THE PREACHER'S WIFE (PG)
1:20, 4, 7, 9:40
DAYLIGHT (PG-13)
7, 9:30
STAR TREK: FIRST CONTACT (PG-13)
1:40, 4:10, 7, 9:30

HOYT'S CLARK'S POND, 333 CLARK'S RD., SO. PORTLAND. 879-1511.
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THE MOVIES, 10 EXCHANGE ST., PORTLAND. 772-9600.

SECRETS & LIES
JAN 27•THURS-FRI 9•SAT-SUN 12:30, 5, 9:30•MON-TUES 7
SWINGERS (R)
JAN 27•THURS-FRI 5, 7
•SAT-SUN 3, 7:30•MON-TUES 5, 9:30
SMALL WONDERS
JAN 8-14•WED-THURS 5:15, 7•FRI 5:15, 9
•SAT 3:15, 7•SUN 3, 6:15•MON-TUES 5:15
RENDEZVOUS IN PARIS (NR)
JAN 8-11•WED-THURS 8:45•FRI 7•SAT 1:15, 5, 8:45

FLAGSHIP CINEMAS, 206 U.S. ROUTE 1, FALMOUTH. 781-5616.
MY FELLOW AMERICANS (PG-13)
12:15, 2:25, 4:45, 7:20, 9:25
BEAVIS AND BUTT-HEAD DO AMERICA (PG)
12:25, 2:20, 4:15, 7:10, 9
MICHAEL (PG)
12:10, 2:55, 4:55, 7:05, 9:20
THE EVENING STAR (PG-13)
1:20, 4:05, 6:55, 9:35
THE ENGLISH PATIENT (R)
1:15, 4:30, 7:45
MARS ATTACKS! (PG-13)
12:20, 2:30, 4:40, 7
JERRY MAGUIRE (R)
12:45, 3:50, 6:50, 9:35
ONE FINE DAY (PG)
12:40, 2:50, 5:05, 7:30, 9:40
THE PREACHER'S WIFE (PG)
1:10, 4, 7:05, 9:35
101 DALMATIANS (G)
12:35, 2:55, 5:15, 7:35, 9:45
DAYLIGHT (PG-13)
9:15

KEYSTONE THEATRE CAFE, 504 CONGRESS ST., PORTLAND. 871-5500.
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categories

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rideshare (free)
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child care
roommates
apts./rent
condos/rent
rooms/rent
seasonal rental
offices/rent
art studios/rent
storage/rent
business rental
rentals wanted
house-sitting
real estate
condos for sale
land for sale
mobile homes
real estate wanted
auctions
body and soul
fitness
instruction
education
professional services
business services
computers
financial
items for sale
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1

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• Relieves pain and assists the
body in cleansing itself of toxins.
• Balances mind, body, emotions
and spirit.
• Provides access to your own
Inner Wisdom and Creativity.
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Dance Classes**
Beginning Jan. 12th
4-week course on Sundays
Beginners - 5:30-6:30pm
**Casco Bay
Movers**
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Eating, Body Image & Related Issues
Mon. 11:30-1:15
Lisa Bussey, LCPC
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THE MOST POPULAR STYLE IN CHINA
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**WHOLEHEART
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NEW CLASSES
Gentle Yoga • Vigorous Yoga
Winter session begins Jan 6
KRIPALU YOGA • MEDITATION
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**YOGA & TAI CHI
AT
ENERGYWORKS**
10 WEEK WINTER SESSION - JANUARY 6 - MARCH 14

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30-10 a.m.	Polarity Yoga (Kathleen)		Beginner Yoga (Jeanne)	Lunchtime Yoga (Kathleen)
12-1 p.m.		Polarity Yoga (Kathleen)		
5:30-7 p.m.	Continuing Yoga (Jeanne)		Continuing Yoga (Jeanne)	Vigorous Yoga (Jeanne)
7:30-9 p.m.	Beginner Yoga (Jeanne)			T'ai Chi (Don)

FREE CLASSES SUNDAY, JAN. 5
2 P.M. POLARITY YOGA • 3 P.M. TAI CHI
4 P.M. KRIPALU YOGA
170 US ROUTE ONE 781-2561

"Worry, not work, kills man." - Maltese Proverb

personals

To respond to any personal ad, call
1-900-370-2041
(Calls cost \$1.99/min. Must be 18 or over. Touch tone phones only. Casco Bay Weekly 207-775-1234)

DATING SERVICES

PHOTO DATE

Sound Familiar???? Your personal ad returns your call. He says he is 6' blonde-blue eyes. He will be wearing a brown jacket. You're at McDonald's looking all over for him! Oh there he is, can't he! How do I leave & still be polite? PHOTO DATE TO THE RESCUE?? 10-8 Daily • Freepost 865-0828 1.800.478.8625

hey!!!
dress
warm
alright

ALTERNATIVE DATING GAY, BISEXUAL, HIV positive, Herpes, Transvestites, and other categories. Single or married persons select your categories. PO Box 2402, Bangor, ME. 04402-2402. 207.847-2383. 24hrs.

COMPU DATE DATING SERVICE. PO Box 2402, Bangor, ME. 04402-2402. 207.847-2383. 24hrs.

THE MAINE SINGLES CONNECTION/Internet/Active/Dating network, professional, accurate, personal service. Call to get connected. 1-800-775-3090.

WOMEN & MEN

GRADUATE STUDENT OF SOCIAL WORK. SWF, tall, 40yrs, mother of one. Values integrity and open-mindedness. ISO confident professional gentlemen for dating and possible LTR. #9769 (1/29)

How to place your FREE personal ad with Personal Call®:

- Fill out the coupon and mail it to: Personals, P.O. Box 1238, Portland, Maine 04104; or FAX to 775-1615. (If faxing please photocopy first.) Please check appropriate category. Call 775-1234 to place ad over the phone.
 - First 25 words are FREE with Personal Call®. (45 words if FAXED on Thursday), additional words are 50¢ each. Others, Companions & Lost Souls are \$25/first 25 words for a two week ad. Ads without Personal Call® are \$1 per word plus \$25 mail forwarding or P.O. Box charges.
 - Put your personal message on line as soon as you receive your easy instructions. You may not retrieve responses without it!
 - Retrieve responses to your ad any time, 24 hours a day, through your own FREE 800#. It's safe, confidential, and FUN!
- ### How to respond to a personal ad:
- Read the ads. Circle your favorites.
 - Call 1-900-370-2041 from a touch-tone phone.
 - Following the voice prompts, punch in the 4-digit# of the ad you wish to respond to, or you may browse a specific category. The date following an ad is the last date you can reply to the ad.
 - Calls cost \$1.99 per minute. You must be over 18 yrs. old.
 - Ads with a three-digit Personal Advertiser # can be contacted through the mail by writing to: Personal Advertiser #, P.O. Box 1238, Portland, ME 04104.

WOMEN & MEN

HAILING FREQUENCIES ARE OPEN- Red-headed, acid wit, Rubenesque SWF voyager seeking a SWM co-pilot for mutual adventures into uncharted territory. Applicants please be 30ish, clever, funny, N/S, silly, irreverent, coffee swilling, wine drinking, tall, well-proportioned astronauts. Double bonus points for totally oversexed. Leave coordinates with mission control for possible blast off date. #9720 (1/22)

HAPPINESS A PRIORITY- SWF, 41, mama, artist, musician, adventures, healer, naturally and simply amused, deeply feeling and intuitively inclined, pretty, seeks grounded, authentic SWM practiced in kindness and gratitude of similar heart and mind to share endless curiosity and incredible lightness of being while chopping wood, carrying water. #9713 (1/29)

HOPELESS ROMANTIC- Classy, very attractive DWPF, 40, ISO handsome, professional, sincere gentleman with wit, charm, and strength of character for old-fashioned romance. LTR. #9814 (2/5)

IS 1997 THE YEAR WE'RE going to get together? Retired lady seeks gentleman, 50's, to enjoy life's pleasures. I enjoy dining out, dancing, movies, happy times, day trips, and just good conversation with the right man. Please be a N/S, N/D, and no drugs, please! Call today! #9750 (2/5) Personal Advertiser #854, P.O. Box 1238, Portland, ME 04104.

ISO A BEAR FOR MY DEN- Well-equipped blonde, 36, with global imagination, seeks bear of a man for winter frolic and possible hibernation. If the baggage is not too great and you love cats. Please be funny, intelligent, and somewhat honest. #9857 (2/12)

LIFE CAN BEGIN AT 50! Attractive, outgoing, young at heart professional woman. Love beach walks, jing, the earth, spiritual growth and natural living. ISO friendship first with open, caring, sensitive, energetic, financially stable, N/S, 45-58/S/DWM. #9717 (1/22)

LONELY IN PORTLAND! SWF, 36, 5'9", 130 lbs, enjoys dining out, dancing, movies, music, walks, reading and roller skating. Desires S/DWM, 28-45, medium to tall build for friendship/relationship. #9804 (2/5)

LOOKED IN MY STOCKING BUT, you weren't there! I'm an attractive 47yo DWPF, 5'7", BL/GR. ISO man, 45-55, who enjoys wicked awesome homemade soup, has time to develop a meaningful relationship, can handle smart, independent woman. Marriage not a priority, good company is. Smokers, drinkers, dullards need not apply. #9859 (2/12)

LOOKY HERE PAL-O-MINE- Liberal thinking, eccentric executive seeks male buddy for movies, theater, dinners w/friends, skiing, sailing, etc. Middle-aged, financially secure, creative guy wanted for the 30's frequent-flyer with a lively attitude and a worthy web address. Pretty dam good-looking, too. N/S, N or L/D. #9762 (1/29)

PASSIONATE PARTICIPANT of life, SWPF, 37, N/S, with outstanding SOH and eclectic interests, including the outdoors, travel, healing arts, seeks higher ground with man of strength, balance, courage of a spiritual warrior, and ability to laugh during inclement weather. I am lightning. You are thunder. #9861 (2/12)

WOMAN KNOWS HOW TO FIND A MAN RIGHT- 40's SF wants N/S SM. Outdoors, laughing, listening, dancing, walking, dining, -at's not be alone this winter. #9760 (1/25)

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MID-COAST AREA 30YR YOUNG HEART- ED, attractive, physically fit professional woman. Loves ocean and outdoors, walks w/black lab, sea kayaking, arts, natural living, spiritual growth, and travel. ISO 50+/S/DWM with mutual interests. Mixture of romance and New Age, DTE, caring, loyal, financially stable, N/S, and sensual. #9833 (2/5)

PASSIONATE PARTICIPANT of life, SWPF, 37, N/S, with outstanding SOH and eclectic interests, including the outdoors, travel, healing arts, seeks higher ground with man of strength, balance, courage of a spiritual warrior, and ability to laugh during inclement weather. I am lightning. You are thunder. #9861 (2/12)

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SMILY FACED THINKER, 26, seeks LTR with demonstrative SWM, 26-35, having bright eyes and mind. We prefer being outdoors, love to learn, communicate daily, share work projects and play. I fit with "your people" and you enjoy my gay brothers (but agree that I am sexist). #9837 (2/5)

SWF, 42, WARM, SENSITIVE, shy, patient, flexible. What's important? Kindness, communication, spiritual growth, SOH, children, animals, outdoor activities. ISO friend with similar interests. #9824 (2/5)

THRILL/CHILL/FULL ME- Attractive 40's, looks younger, intelligent DWPF, BL/GR, seeking sensitive, caring man for friendship, companionship, good times, to stimulate my life, share experiences. Must have great SOH, intelligence, honesty and balanced mental state. I love to read, walk on the beach, movies, dining, photography, pets. #9714 (1/22)

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MEN & WOMEN

BOOKWORM, NOT A NERD, 24, tall, fit, nearly gorgeous. Sterling personality. ISO brainy bibliophile. Personal Advertiser #853, P.O. Box 1238, Portland, ME 04104

CAPE ELIZABETH AREA- Warm, outgoing, fit, very handsome, sensitive and sensual man is starting a journey to find my partner in life to share quiet moments, fine dining, movies, travel, kissing, and much, much more. #9872 (2/12)

DIAGENES SEARCHES HONEST, fit woman to share bathtub abode. Dreams, memories, tales, and candlelit repasts. #9855 (2/12)

GREEK WARRIOR SEES vestal virgin. Not Hercules but, another son of Zeus, seeking lovely Athena to share long chariot rides, philosophy, and light Greco-Roman wrestling, age 21-28. Herea need not apply. #9821 (2/5)

HAPPY NEW YEAR! Yeah right. Please help me make 1997 a more enjoyable year. Attractive, shy SWM, 27, 6', N/S, seeks mildly attractive SWF, 21-30, N/S, who is as funny as I am (impossible). #9871 (2/12)

I WANT A PARTNER, NOT JUST A DATE- Easy going, funny SWM, 39, who has a good look and a charming personality seeks similar female, 25-35, N/S, on the petite side, that really cares how she looks, who he can charm, romance, grow with, talk to, celebrate with, encourage, and be encouraged by. #9831 (2/5)

IT'S SPRING and a young man's fancy turns to... actually, it's Winter Solstice and a particularly mild day. Feels like spring in Maine. If you believe in oxymoron, mystery, paradox, fantasy, and the unfolding of the universe, call me! #9823 (2/5)

KNIGHT ON A QUEST- Courageous WM ISO handsome vivacious for erotic (no strings) rendezvous and later, in the summer, journeys on my iron steed. I am a tall, blond knight, worthy inside and out. Sexy, fierce, spirited maidens: summon me. #9840 (2/5)

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The famous three-in-one Bugaboo Parka™ can change configurations faster than mountain weather. Featuring a zip-out fleece liner, front storm flaps, front zipper-closed security pockets, elastic waist, and Radial Sleeve™ design.

Gizzmo Parka™



No need to shiver one minute and sweat the next when you're outdoors. Adapt as you please by changing your Columbia Interchange System,™ shown here in the four-in-one Gizzmo Parka.™ Includes a zip-out reversible liner.

Double Whammy Parka™



The four-in-one Double Whammy Parka™ can change configurations faster than mountain weather. It features a zip-out reversible liner, Radial Sleeve™ design, chest pocket vents and snap-off hood lines with Zap Fleece.™

Long's Peak Parka™



Nothing keeps up with Mother Nature's consistent ever-changing moods quite like a Columbia Interchange™ Parka-featured here in our Long's Peak Parka.™ Includes a zip-out fleece liner, Radial Sleeve™ design, storm flap, security pockets and drawcord at waist.

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